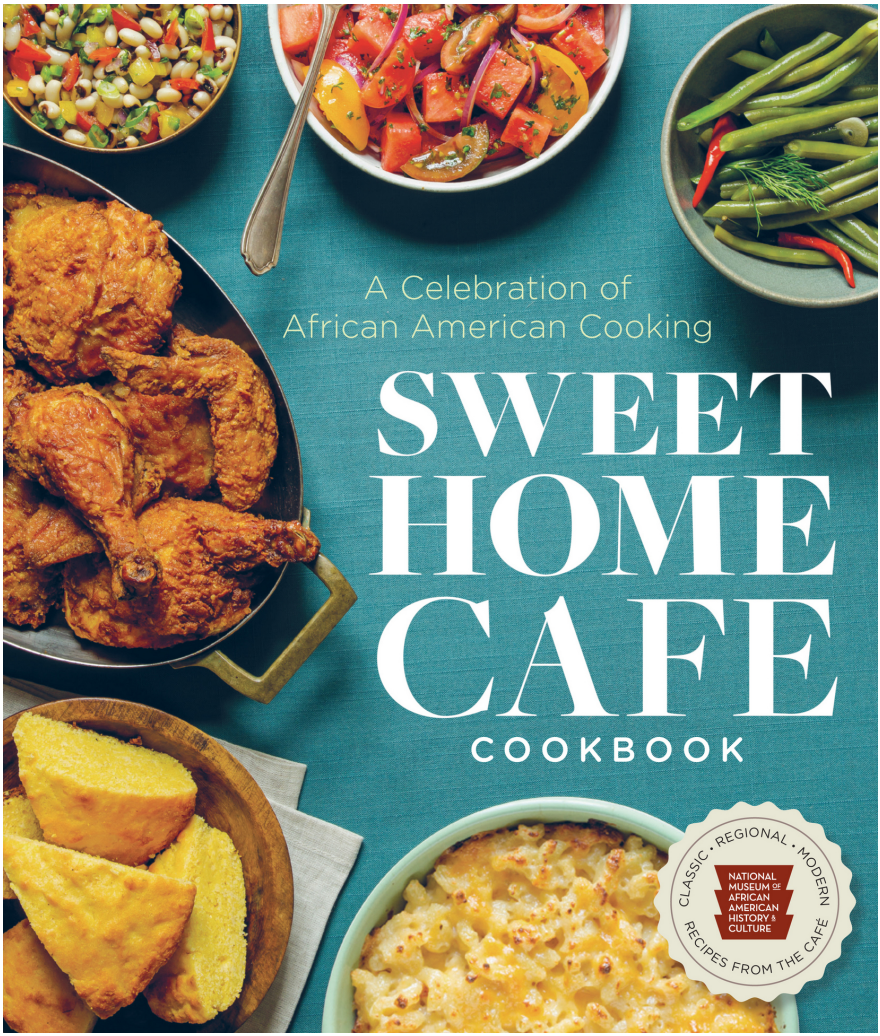

A Celebration of
African American Cooking
SWEET
HOME
CAFE
COOKBOOK
CLASSIC • REGIONAL • MODERN
RECIPES FROM THE CAFÉ
NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY & CULTURE



The Scurlock family celebrating a birthday, 1915.



Frogmore Stew

# SWEET HOME CAFE COOKBOOK

## A CELEBRATION OF AFRICAN AMERICAN COOKING



**Albert G. Lukas** and **Jessica B. Harris,** with contributions by **Jerome Grant**

Foreword by **Lonnie G. Bunch III**

Introduction by **Jacquelyn D. Serwer**

In Association with the
**National Museum of African American History and Culture** and
**Restaurant Associates**

Smithsonian Books
WASHINGTON, DC

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Front cover (clockwise from bottom right): A feast featuring Baked Macaroni & Cheese, Yellow Corn Bread, Buttermilk Fried Chicken, Texas Caviar, Tomato-Watermelon Salad, and Dilly Green Beans.

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Bourbon Pecan Pie



Baked Macaroni & Cheese

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The Sweet Home Café offers a respite for visitors and also serves as an extension of the museum's exhibitions. Graphic panels on the café walls explore the ways that African American cooking and food culture have shaped American food.

ABOUT THE

# SWEET HOME CAFÉ



**BY LONNIE G. BUNCH III**

FOUNDING DIRECTOR, SMITHSONIAN NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

I OFTEN THINK BACK to September 24, 2016, the day the National Museum of African American History and Culture was dedicated and opened for the American people. As I sat nervously on the stage with President and Mrs. Obama, President and Mrs. Bush, Chief Justice Roberts, Congressman John Lewis, and a dizzying array of dignitaries and celebrities, I remembered how we had worked to create a museum that would use the African American experience as the lens through which to understand what it means to be Americans. To achieve that goal, the museum had to serve and embrace everyone regardless of race. That is why I ended my remarks by saying, "Welcome home." But what is a home without a space of welcome, a place to gather, a site to come together to debate, reflect, smile, and chat over good food? The Sweet Home Café, with its award-winning regional cuisine, warmly and wonderfully fulfills that dream.

Whenever I walk through the Sweet Home Café, I am so moved to see our visitors seated over a shared meal, discussing their experiences in the museum with people previously unknown to them; reflecting upon how this history and culture has shaped or enlightened them; and grappling with the questions and uncertainties that inform our world today. We designed the café to be a space for families and for conversation, where fine food allows visitors to come together, despite our contentious history, to find a shared past and to work for a common future.

Many of the recipes in this cookbook have been passed down through the generations, reflecting both the power of family and the centrality of food. My own life is ripe with memories of family discussions around the kitchen table, tasting one of my mother's many recipe-driven meals. While some were forgettable (sorry, Mom), others—like her banana pudding rimmed with vanilla wafers—still stay with me nearly a half century later. These recipes tell us much about a people, about a culture. With every wonderful bite, we remember and we honor all of our ancestors.

I am honored to dedicate this cookbook to my mother, Montrose Boone Bunch, and to all those women who labored, who cooked, and whose efforts maintained our families.



Picnickers enjoy a sunny afternoon in a Lincoln, Nebraska, backyard. Photographer John Johnson recorded the vibrant African

American community in Lincoln from 1910 to 1925.

# INTRODUCTION



**BY JACQUELYN D. SERWER**

CHIEF CURATOR, SMITHSONIAN NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

FOOD, FAMILY, FRIENDS—they all go together. Our most memorable gatherings, from casual family dinners to formal holiday feasts, revolve around the restorative experience of a shared meal. Most of us seek out occasions whose centerpiece is good food, and many of us love to prepare food as much as—or even more than—we like to eat it.

The *Sweet Home Café Cookbook*, named for the restaurant at the National Museum of African American History and Culture and featuring many of the dishes served there, offers a rewarding and comforting collection of recipes that will satisfy both cooks and diners. It draws on our nation's long culinary history and on the many significant contributions made to it by African Americans, both in public establishments as chefs and restaurateurs and in private homes as cooks and housekeepers, and it showcases the prominence of African American foodways in our national cuisine. In recent years, dishes that were once considered to be strictly black southern food—greens, grits, and shrimp gumbo are among the best-known examples—have become classics of American cuisine and are highlighted on menus across the country, and celebrated African American chefs and cooks, including Leah Chase, Edna Lewis, Barbara "B." Smith, Patrick Clark, and Vertamae Smart-Grosvenor, are now recognized as having reshaped the national table as a whole.

The book reflects both the diasporic legacy of African Americans and the wide geographic reach of their foodways. Black cooking in America includes not only the culinary traditions of Africa and the Caribbean but also the influences of Native Americans, Europeans,

Latinos, and contemporary immigrants from African countries and other nations around the world. All of these mingled elements have combined into a culinary heritage that is broad, deep, and continually evolving in surprising new ways. This collection reminds readers of the cleverness of black home cooks, who, with limited funds and often little access to a broad spectrum of ingredients, could nonetheless produce culinary masterpieces. That resourcefulness also calls to mind the contributions of enslaved black chefs such as Old Doll and Hercules, both of whom cooked for George Washington. Hercules accompanied President Washington to Philadelphia—at that time the temporary capital of the United States—and later managed to escape and free himself.



Student Nonviolent Coordinating Committee (SNCC) staff and supporters, including Taylor Washington, Ivanhoe Donaldson, Joyce Ladner, John Lewis, Judy Richardson, George Greene, and Seku Neblett, take a break from a conference to join a sit-in at a Toddle House restaurant.

*Atlanta, Georgia. A Toddle House during a Sit-In*, 1963; printed 1994. Photograph by Danny Lyon.

The legendary black eating establishments—both past and present—in urban centers around the country have also inspired the recipes in this book. Among them are Thomas Downing's Oyster House, a celebrated nineteenth-century restaurant in New

York City that, ironically, served only white patrons; Patillo's Bar-B-Q in Beaumont, Texas, in operation since 1912; Sylvia's Restaurant in Harlem, a popular eatery that opened in 1962; Jones Bar-B-Q Diner in Marianna, Arkansas, recognized as one of the oldest continuously operated black-owned restaurants in the South; and the Florida Avenue Grill in Washington, DC, which opened in 1944 and continues to flourish in its original Northwest DC neighborhood.

The constraints and challenges that African American cooks have faced throughout history—ranging from a lack of necessary ingredients for some to a lack of the basic freedom to break bread with family and friends for others—did not prevent them from crafting rich cooking traditions under a variety of circumstances. Urban black people adapted to the offerings of small neighborhood markets, bodegas, and grocery stores. Rural people, meanwhile, who often depended on the fruits, vegetables, and meats they could raise on the land, put together nutritious and flavorful dishes that took advantage of homegrown ingredients. Traditions varied across the country, and thus the recipes of both the Sweet Home Café and this book focus on four main geographic areas: the Agricultural South, the Creole Coast, the Northern States, and the Western Range.

Cooks and readers who want to learn more about the culinary customs that inspired the recipes in the Café and this book will find much to explore in the galleries of the National Museum of African American History and Culture itself. Exhibitions on the museum's second floor, for example, focus on the *Green Book*, that indispensable handbook to eating establishments and lodging that guided African Americans traveling the American South during the era of segregation. They offer a reminder of the perils and challenges faced by black families whenever they journeyed away from home in the pre–civil rights era.

In the Segregation section of the museum's history galleries, visitors will find the Greensboro Lunch Counter interactive, where a touch table offers information on this important episode in the civil rights struggle; keep exploring the gallery and you will see a stool from the lunch counter on display. Another evocation of the Greensboro protest can be found in the Sweet Home Café, where a large photo mural of the young civil rights activists greets visitors

as they enter.

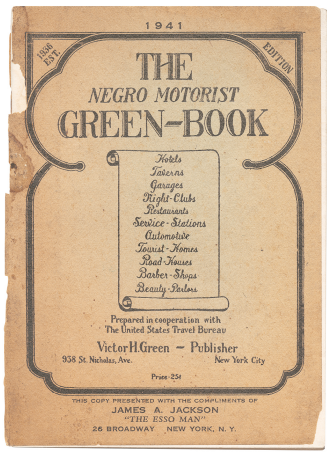
On the fourth floor, the Cultural Expressions exhibition highlights food traditions. Cherished pots, pans, and platters reflect the passing down of cooking tools through the generations, and the varied cookbooks on display document African American contributions to sharing and archiving their culinary inventions. Some of the images and artifacts from the civil rights era bring to mind the many southern families who, despite their modest circumstances, provided hearty meals for civil rights workers and student activists, and sometimes boarded them when they had no other safe place to stay.

Although this cookbook certainly connects to stories in the museum, it also offers a treasure trove of recipes that will appeal to every food lover, whether he or she is familiar with this foundational American cuisine or is new to traditional African American cooking. Compiled with the guidance of Sweet Home Café chefs Albert Lukas and Jerome Grant of Restaurant Associates and noted culinary historian Jessica B. Harris, who helped shape the Café concept, these recipes provide a wealth of ideas for both everyday family meals and special occasions. Favoring fresh, seasonal ingredients, the recipes translate the dishes of black family lore for the contemporary palate, adding easy-to-follow instructions for novice cooks and emphasizing preparations that rely on less sugar, salt, and fat. You'll discover innovative ways to appreciate familiar ingredients and encounter intriguing new ones, such as cuts of meat overlooked by haute cuisine. You'll even find recipes that reflect current shifts in African American cooking, like vegan dishes and reduced prep time, as well as special menus for holiday get-togethers, such as Christmas, New Year's, and Juneteenth. Helpful tips on preparation and presentation round out the book's offerings.

Most of all, the *Sweet Home Café Cookbook* is intended to recall and celebrate a family's happiest memories, because heritage and nostalgia play central roles in African American cooking. These recipes highlight the joys of good, hearty food and the pleasures of continuing traditions that have always been at the foundation of African American family life. You'll find the book entertaining even if you only read the recipes, but you'll discover it is most satisfying when you prepare the dishes and enjoy the results. With these

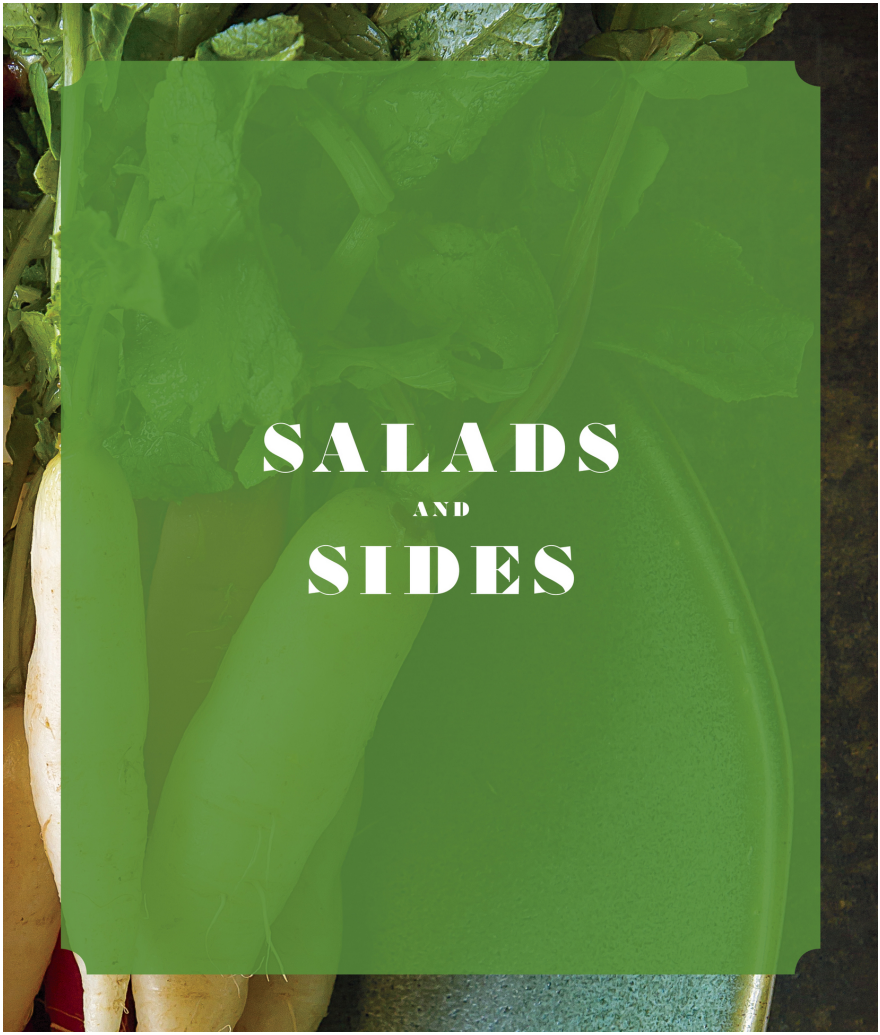
recipes in hand, you can create memorable meals for everyone who sits at your table.

Savor this book, bask in the appreciation of your family and friends, and relish the rewards of making delicious food for the people you love.




Victor Green's *Green Book* provided African Americans traveling in the United States during the era of segregation with lists of friendly eating establishments and lodging.





# SALADS AND SIDES

# SALADS AND SIDES

**Feature: Creole Coast**

Tomato-Watermelon Salad

Sweet Pea Tendril Salad

Field Green Salad

Baby Kale Salad

Potato Salad

Coleslaw

Pickled Gulf Shrimp

Stewed Tomatoes & Okra

**Feature: Okra**

Kale Sprouts with Sorghum & Benne

Slow-Cooked Collards & Potlikker

Stewed Black-Eyed Peas

Mixed Greens with Baby Turnips

Fried Green Tomatoes

Corn Pudding

Fried Okra

Ginger & Brown Sugar Candied Sweet Potatoes

Yankee Baked Beans

Baked Macaroni & Cheese

Hoppin' John

**Feature: Rice**

Carolina Gold Rice Pilaf

Rice & Pigeon Peas

Louis Armstrong's Red Beans & Rice

A collection of traditional New Orleans recipes, many of which were served at a dinner accompanying one of Louis Armstrong's final public performances on January 29, 1971.




Postcard of a pineapple and banana vendor in Florida, 1912.



*Gullah man farming lettuce, St. Helena Island, SC*, 2004-14.

Photograph by Pete Marovich.



**STEWED TOMATOES & OKRA**



**PICKLED GULF SHRIMP**



## CREOLE COAST

**In this coastal area, which runs from Charleston to New Orleans and includes parts of South Carolina, Georgia, Florida, Alabama, Mississippi, and Louisiana, local foodways traditionally mixed and mingled with those of Europe, Africa, and the Caribbean as well as with those of Native Americans through extended contacts within the Atlantic world. In the more remote areas of the region, such as the Sea Islands that run from Georgia to north Florida, food was defined by people who retained close culinary ties to their African motherlands.**

The Creole Coast is a rice-eating world, where a love of rice and a deep knowledge of its cultivation have led to a unique style of cooking that celebrates the grain in pilafs (called purloos in South Carolina) such as Hoppin' John, red rice, and Louisiana's jambalaya. In South Carolina the task system used in cultivating rice, in which each slave was assigned a daily job to finish and then was free to do as he or she wished, meant that some of the enslaved had time to grow their own foods. Occasionally they sold them in the region's towns, and their street cries created a distinctive soundscape that was acknowledged by writers and musicians alike.

In twentieth-century New Orleans, Lena Richard, in one of the region's many firsts, went from caterer and cooking school instructor to cookbook author to television star in 1949, becoming the first African American to host a cooking show on television.

Two decades later, author and culinary anthropologist Vertamae Smart-Grosvenor penned *Vibration Cooking, or the Travel Notes of a Geechee Girl*, and single-handedly rehabilitated the word *Geechee*, revalorizing it in the context of the culture's links to Africa.

The diversity of the people of the Creole Coast is reflected especially in the region's rich gumbos, which range from the roux-free versions of Charleston to the mahogany roux–thickened Cajun stews of Louisiana. Gumbo recipes even vary from household to household, with no absolute guidelines other than those of the family grandmother. These lively kitchens of coastal living also make abundant use of both local seafood and the culinary traditions of France, Spain, and the rice-growing areas of West Africa, all of which contribute to this region's place among the country's most storied cuisines.



**SHRIMP & GRITS**




*A* full-service vendor in Dryades Street. *New Orleans • USA*, 1965. Photograph by Leonard Freed.



A traditional sweetgrass basket used to store rice; made by Mary A. Jackson. Charleston, South Carolina, 2014.



**DUCK & CRAWFISH GUMBO**



Tomato-Watermelon Salad

# TOMATO-WATERMELON

## SALAD



| | | | |
|---|---|---|---|
| VEGETARIAN<br>AGRICULTURAL<br>SOUTH<br>TOTAL TIME<br>20 MINS | | | |

**THIS SALAD COMBINES TWO** favorites of the summer garden. For an especially attractive plate, use a selection of height-of-the-season heirloom tomatoes in various colors with juicy red and/or yellow watermelon.

---

### CHEF'S NOTE

This is a great summer salad that combines crisp, sweet, juicy watermelon with the season's most flavorful tomatoes. If yellow watermelons such as 'Moon and Stars' or 'Yellow Buttercup' are available, try mixing them with red melons.

**6 mixed vine-ripened heirloom tomatoes (such as Brandywine, Cherokee Purple, or German Green)**

**2½ pounds seedless watermelon**

**½ cup extra-virgin olive oil**

**3 tablespoons sherry vinegar**

**1 teaspoon fine sea salt**

**Freshly ground black pepper**

**1 pinch Espelette pepper or cayenne pepper**

**½ cup Vidalia or other sweet onion, thinly sliced**

**¼ cup fresh flat-leaf parsley, coarsely chopped**

---

**Core the tomatoes** and cut into wedges.

**Cut the green skin off** the watermelon, trimming away the white rind and exposing the flesh. Cut the flesh into large dice.

**In a large salad bowl,** whisk the olive oil, vinegar, salt, black pepper to taste, and the Espelette pepper until a light emulsion forms. Add the watermelon, tomatoes, and onion and toss well. Add the parsley, taste and adjust the seasoning with salt and pepper, and toss again before serving.

# SWEET PEA

## TENDRIL SALAD

VEGETARIAN
CONTINENTAL
UNITED STATES

ACTIVE TIME
25 MINS
4 6
TOTAL TIME
25 MINS

**UNTIL RECENTLY, PEA TENDRILS** (also called pea shoots), the small, young leaves, stems, and vines of the snow pea plant, were difficult to find. Now they are more widely available, putting this delightfully toothsome salad more easily within reach. Dress the salad lightly to enjoy more fully its crisp yet delicate texture and subtle pea flavor.

---

### CHEF'S NOTE

This salad is light on the dressing and heavy on the crunch. Crisp, lightly dressed vegetables make it a versatile complement for many entrées.

**1 teaspoon sherry vinegar**

**¼ teaspoon Dijon mustard**

**1 pinch sea salt**

**Freshly ground black pepper**

**2 tablespoons extra-virgin olive oil**

**1 pound sweet pea tendrils, washed and dried, thick stems discarded**

**2 carrots, peeled and shaved into thin ribbons with a mandoline or horizontal vegetable peeler**

**6 radishes (such as French breakfast or icicle), thinly sliced**

**½ Vidalia or other sweet onion, thinly sliced**

---

**In a small bowl,** combine the vinegar, mustard, salt, and pepper to taste. Slowly whisk in the olive oil until a light emulsion has formed.

**In a large serving bowl,** combine the tendrils, carrots, radishes, and onion. Drizzle in just enough of the vinaigrette to lightly coat the vegetables and tendrils, and serve.



Field Green Salad

# FIELD GREEN SALAD

VEGETARIAN
CONTINENTAL
UNITED STATES

ACTIVE TIME
15 MINS
TOTAL TIME
15 MINS

4 to 6

**A MIX OF SALAD GREENS**—young lettuces, other baby greens, and herbs—is called *mesclun* in the Provençal dialect of southern France. Look for a blend made up of the smallest, most tender leaves whether shopping at a farmer's market or a supermarket. When adding the vinaigrette, use a light, even hand; every leaf should just glisten.

---

**CHEF'S NOTE**

If you cannot locate spiced pecans, make the Sea Salt–Spiced Cocktail Nuts using only pecans. The Café uses heirloom tomatoes, but if they are unavailable you can substitute grape, teardrop, or plum tomatoes.

**¼ teaspoon Dijon mustard**
**⅛ teaspoon kosher salt**
**1 teaspoon minced shallot**
**⅛ cup cider vinegar**
**½ cup pecan oil, almond, peanut oil, or extra-virgin olive oil**
**1 pound local seasonal field greens, washed and dried**
**1 cup baby heirloom tomatoes, halved**

**1 large European cucumber, peeled and thinly sliced**

**1 carrot, peeled and shaved into thin ribbons with a mandoline or horizontal vegetable peeler**

**Freshly ground black pepper**

**¾ cup spiced pecans**

---

**In a small bowl,** combine the mustard, salt, shallot, and vinegar. Slowly whisk in the oil until a light emulsion has formed.

**In a large bowl,** toss the greens with the tomatoes, cucumber, and carrot. Drizzle the dressing over the greens and gently toss to fully coat the salad. Season with pepper to taste. Transfer to a serving bowl, top with the pecans, and serve immediately.

# BABY KALE

## SALAD

| ACTIVE TIME | SERVES | |
|---|---|---|
| 20 MINS | 4 to 6 | |
| CONTINENTAL | | |
| UNITED STATES | | |
| 30 MINS | | |

**IN AFRICAN AMERICAN HOUSEHOLDS**, kale has traditionally been cooked long and low, with a piece of seasoning meat. Today, it is just as likely to turn up in a great-tasting salad like this one.

---

### CHEF'S NOTE

Buy the freshest kale you can find, then rinse the leaves carefully to rid them of any grit and trim off any blemishes. If you are starting with fresh or frozen black-eyed peas and cooking them, add 30 minutes to the recipe's total time. If you are using canned peas, the time remains the same. Here, a rich buttermilk dressing, used sparingly to keep the kale in the spotlight, pulls together all of the tastes of the salad.

### CROUTONS

**1 cup cubed corn bread, in ½-inch cubes**

### BUTTERMILK DRESSING

**¾ cup buttermilk, preferably full fat**
**2 tablespoons mayonnaise, preferably Duke's**
**1 teaspoon Dijon mustard**
**1 teaspoon cider vinegar**

**1 tablespoon freshly squeezed lemon juice**

**1 scallion, white and light green parts, thinly sliced**

**¼ cup snipped fresh chives**

**1 small garlic clove, chopped into a paste**

**½ teaspoon kosher salt**

**Freshly ground black pepper**

### SALAD

**1 cup toasted corn kernels**

**1 teaspoon extra-virgin olive oil**

**1 pound baby kale**

**½ cup cooked black-eyed peas, preferably from fresh or frozen, not canned**

**1 cup cherry or grape tomatoes, halved**

---

### TO MAKE THE CROUTONS

**Preheat the oven to 275°F.** Spread the corn bread on a baking sheet and bake until lightly golden and crisp, about 20 minutes. Let cool completely.

### TO MAKE THE BUTTERMILK DRESSING

**Combine all the ingredients** in a small bowl and whisk until well blended. If not using immediately, transfer to an airtight container and refrigerate for up to 3 days.

### TO MAKE THE SALAD

**Heat a medium cast-iron skillet** over high heat. Add the olive oil and corn and cook, stirring, until the kernels are fragrant and begin to char, about 2 minutes. Transfer to a plate to cool.

**Combine the kale,** cooled corn, black-eyed peas, and tomatoes in a large bowl. Add enough of the dressing to lightly coat the kale and other vegetables and toss to coat evenly. Transfer to a serving bowl, garnish with the croutons, and serve.

# POTATO SALAD

SERVES
6 TO 8

ACTIVE TIME
20 MINS

TOTAL TIME
3 HRS

AGRICULTURAL SOUTH

**A NATIVE OF GUYANA, SOUTH** America, Dionne Alleyne is one of Sweet Home Café's senior cooks and has been a key member of the culinary team since the opening. When she was asked to create a classic southern-style potato salad, she combined her culinary passion and skill in this version, which has been a winner at the Café since it first appeared on the menu.

**2 pounds Yukon Gold potatoes, uniform in size, unpeeled**
**3 teaspoons kosher salt, divided**
**¼ cup yellow onion, finely diced**
**¼ cup cider vinegar**
**2 tablespoons sugar**
**¾ cup mayonnaise, preferably Duke's**
**3 tablespoons yellow mustard**
**¼ cup sweet pickle relish**
**½ cup celery, finely diced**
**¼ cup fresh flat-leaf parsley, finely chopped**
**¼ cup scallions, white and light green parts, thinly sliced**
**Freshly ground black pepper**

---

**Put the potatoes and 2 teaspoons of the salt** into a large pot and cover with cold water. Bring to a boil and then reduce to a

simmer and cook the potatoes until tender, about 25 minutes (test by inserting the tip of a paring knife into a potato; it should be tender but still firm). Drain the potatoes and let cool in a single layer to room temperature.

**Once the potatoes** have cooled, carefully peel off the skins and cut the potatoes into medium dice.

**Put the onion** into a small strainer and rinse briefly under cold water. Pat dry on a paper towel.

**In a large bowl,** combine the vinegar, sugar, and remaining 1 teaspoon salt and whisk until the sugar and salt are dissolved. Then add the mayonnaise, mustard, and relish, whisking until well blended.

**Add the potatoes,** celery, onion, parsley, and scallions to the mayonnaise and gently mix. Refrigerate for at least 2 hours prior to serving. Once the salad is fully chilled, check the seasoning and adjust with salt and pepper to taste.

# COLESLAW

| ACTIVE TIME | SERVES |
| --- | --- |
| 30 MINS | 4–6 |

CONTINENTAL
UNITED STATES
3 HRS 30 MINS

**THE WORD *COLESLAW* COMES** from the Dutch *koolsla*, or "cabbage salad." In fact, cabbage is the only consistent ingredient in coleslaw. Additions can include shaved carrots, onions, bacon, or even pineapple. Dressings also vary widely and can range from a simple mayonnaise or sour cream to a vinaigrette. This version calls for sweet pickle relish for a touch of sweetness and Tabasco for vinegary zing.

**1 head green cabbage, about 2½ pounds, core and ribs removed, and leaves thinly sliced**

**1 cup carrot, shredded**

**½ cup Vidalia or other sweet onion, finely diced**

**¼ cup cider vinegar**

**¼ cup sugar**

**½ teaspoon celery salt**

**¼ teaspoon kosher salt**

**1 cup mayonnaise, preferably Duke's**

**⅓ cup sweet pickle relish**

**1½ tablespoons Creole mustard (such as Zatarain's) or Dijon mustard**

**2 dashes Tabasco sauce**

**Freshly ground black pepper**

**Combine the cabbage,** carrot, and onion in a large bowl and set aside.

**In a small bowl,** combine the vinegar, sugar, celery salt, and kosher salt and whisk until the sugar and salts are dissolved. Add the mayonnaise, relish, mustard, Tabasco sauce, and pepper to taste, whisking until well blended.

**With a rubber spatula,** fold the mayonnaise mixture into the cabbage mixture, mixing until the cabbage is evenly coated. Cover and refrigerate for a minimum of 3 hours prior to serving. It will keep for up to one day.



Pickled Gulf Shrimp

PICKLED

# GULF SHRIMP

ACTIVE TIME
**45 MINS**

SERVES
**6 - 8**

CREOLE COAST

TOTAL TIME
**1 DAY**
REFRIGERATE OVERNIGHT

**THIS DISH OF MARINATED** poached shrimp makes an impressive addition to any buffet table, but it is equally at home served on a beautiful platter as an appetizer at a sit-down supper.

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**CHEF'S NOTE**

For the best results, use only American Gulf or Georgia White shrimp. These pickled shrimp make a great party canapé. If no fresh bay leaves are available (often found in refrigerated cases in produce section), substitute 5 dried leaves.

**4 quarts cold water**

**⅓ cup Old Bay seasoning**

**1 lemon, halved**

**2 tablespoons kosher salt**

**3 pounds American Gulf or Georgia White shrimp, peeled and deveined**

**½ teaspoon whole allspice berries**

**1 teaspoon celery seeds**

**2 garlic cloves, chopped into a paste**

**½ teaspoon red pepper flakes**

**2½ cups extra-virgin olive oil**
**½ cup freshly squeezed lemon juice**
**¾ cup flat-leaf parsley, chopped**
**1 Vidalia or other sweet onion, thinly sliced**
**3 fresh bay leaves**
**6 fresh thyme sprigs**
**3 vine-ripened tomatoes, sliced**
**2 ripe avocados, sliced**

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**Pour the water into a large pot.** Add the Old Bay seasoning, lemon halves, and 1 tablespoon of the kosher salt and bring to a boil. Reduce to a simmer and cook for 5 minutes. Poach the shrimp in the simmering water until they are pink and opaque, 2 to 3 minutes. Using a slotted spoon, quickly transfer the shrimp to a colander and rinse under cold water to stop the cooking. Leave the shrimp in the colander to drain well.

**Crush the allspice berries** and celery seeds with the back of a knife until they are finely ground; then transfer them to a medium bowl. Add the garlic paste, red pepper flakes, olive oil, lemon juice, parsley, and the remaining 1 tablespoon of salt. Whisk until all the ingredients are fully incorporated. Stir in the onion, bay leaves, and thyme sprigs.

**Place the cooked shrimp** in a glass container. Pour over the marinade, cover, and refrigerate overnight.

**To serve, separate the shrimp** and onions from the liquid and arrange on a serving platter, garnishing with the tomato and avocado slices. Whisk the remaining marinade into an emulsion and spoon some of it over the shrimp and vegetables. Leftover shrimp can be stored in the refrigerator for up to 24 hours.



Stewed Tomatoes & Okra

## STEWED TOMATOES &

# OKRA

VEGETARIAN
AGRICULTURAL SOUTH

15 MINS
PREP TIME

4 TO 6
SERVINGS

1 HR
TOTAL TIME

**OKRA IS AFRICA'S CULINARY** totem. It originated on the continent and made its way around the world. Nowadays, it is a common ingredient in India, Greece, Turkey, the Middle East, South America, and the American South, where it is famously added to gumbos to thicken them. This simple dish of stewed okra and tomatoes is one of the all-purpose side dishes of African American cuisine. Although it tastes best when fresh okra, available in late summer and early fall, is used, frozen okra can be substituted other times of the year.

**6 large vine-ripened tomatoes, or 3 (15-ounce) cans diced tomatoes, drained**

**1 tablespoon olive oil**

**¾ cup Vidalia or other sweet onion, diced**

**1 jalapeño pepper, seeded and finely diced**

**½ cup celery, diced**

**2 garlic cloves, finely chopped**

**1 teaspoon kosher salt**

**½ cup Vegetable Stock**

**4 cups fresh or frozen okra, cut into ½-inch-thick rounds**

**Freshly ground black pepper**

**If using fresh tomatoes,** first peel them. Fill a medium stockpot with cold water and bring to a boil. Prepare a large bowl of ice water. With a paring knife, remove the core from each tomato and cut a quarter-sized X in the skin of the tomato bottom. Place the tomatoes in the boiling water for 30 seconds, then, using a slotted spoon, transfer them to the bowl of ice water. Let cool, then gently remove the skin. Dice the peeled tomatoes. You should have 4 cups.

**Heat the olive oil in** a large saucepan over high heat. Add the onion and cook until tender and translucent, about 2 to 3 minutes. Add the jalapeño, celery, garlic, and salt and cook for 1 minute longer.

**Now add the tomatoes** and Vegetable Stock and gently simmer for 15 minutes.

**Next add the okra** and simmer until tender, about 25 minutes longer.

**Adjust the seasoning** to taste with salt and pepper before serving.

# OKRA



Okra gets no respect. Long demeaned for its slime and marginalized as one of those "southern things," it is definitely a vegetable about which people have strong opinions, with lovers and haters lined up to praise its thickening abilities or decry its mucilaginous properties. The green pod is native to Africa, where it is thought to have originated in the Sahel region, which lies south of the Sahara and ranges from Mali eastward to Ethiopia. On the continent of its origin, it is prized as both a thickener and a vegetable and appears in a wide array of dishes, ranging from Egypt's *bamia*, an okra stew, to Senegal's *soupikandia*, an ancestor of Louisiana's gumbo. From Africa's midsection, the green pod made its way to Mediterranean shores and may have been first cultivated in Egypt as long ago as 2000 BC.

No one is sure exactly where, when, or how okra made its way to the Western Hemisphere, though the transference is usually credited to enslaved Africans. It probably arrived in the southern United States via the Caribbean. Thomas Jefferson reported it growing in Virginia before 1781, and planted it at Monticello in 1809. Okra was well known enough to appear in several recipes in Mary Randolph's *The Virginia Housewife: Or, Methodical Cook*, published in 1824. In southern Louisiana, the word *gumbo* tells the story of okra in its name alone, for it is a corruption of the words *chingombo* and *ochingombo*, used for the vegetable in the Bantu languages of Central Africa.

# KALE SPROUTS

## WITH SORGHUM & BENNE

| | | |
|---|---|---|
| ACTIVE TIME<br>**30 MINS**<br>TOTAL TIME<br>**30 MINS** | SERVES<br>**4 to 6** | |

**IN SOUTH CAROLINA, SESAME** seeds are known as benne, from the Wolof language of Senegal. The seeds arrived on the slave ships, and through much of the nineteenth century, they were cultivated by plantation owners as an important source of cooking oil. This dish, which was developed for a special promotion in the Café, is inspired by the traditional slow-cooked kale found on many African American tables. It coats kale sprouts with a sherry vinegar–sorghum glaze and adds caramelized shallots and garlic for their rich flavor and benne for their crunch.

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### CHEF'S NOTE

Look for kale sprouts, also called kalettes, in specialty markets or farm stands. If unavailable, use baby kale in their place.

**8 cups cold water**
**1 teaspoon kosher salt**
**2 pounds kale sprouts, stems trimmed**
**2 tablespoons avocado oil**
**¼ cup shallots, finely sliced**
**4 garlic cloves, thinly sliced**
**2 tablespoons sherry vinegar**

**3 tablespoons sorghum syrup**

**1 tablespoon unsalted butter**

**2 tablespoons toasted benne (sesame) seeds**

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**In a large soup pot,** bring the water and salt to a boil. Add the kale sprouts and cook for 1 minute.

**Immediately remove the pot** from the stovetop, pour the contents through a colander, and quickly rinse the sprouts under cold water to stop the cooking process. Transfer the sprouts to a baking sheet lined with several layers of paper towels to absorb excess moisture.

**Preheat a large sauté pan** over medium heat and pour in the avocado oil. Add the shallots and garlic and sauté until lightly caramelized, about 1 to 2 minutes. Now add the kale sprouts and cook for 2 minutes, stirring regularly. Add the vinegar and sorghum, stirring well to coat the leaves with the glaze.

**Remove the pan from the heat,** add the butter and benne seeds, and stir until the butter has emulsified into the sorghum glaze. Serve hot.

SLOW-COOKED

# COLLARDS & POTLIKKER



ACTIVE TIME
30 MINS
CONTINENTAL
UNITED STATES
2½ HRS

SERVES
6 TO 8

**COLLARD GREENS ARE SUCH AN** African American classic that most people are surprised to discover that they are not from the African continent, but rather a northern European green. They are usually cooked long and low until silky smooth and tender. Be sure to rinse the greens thoroughly, as grit is often trapped in the folds of the leaves.

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**CHEF'S NOTE**

To adapt this recipe for vegetarians, omit the ham hocks and use Vegetable Stock in place of the water. Another alternative is to replace the ham hocks with 2 smoked turkey wings. Serve with hot corn bread for sopping up the potlikker, the tasty, vitamin-rich cooking liquid.

**1 tablespoon vegetable oil**
**1 large yellow onion, finely diced**
**2 garlic cloves, finely chopped**
**2 smoked ham hocks**
**5 cups cold water**

**3 tablespoons cider vinegar**
**1 teaspoon red pepper flakes**
**1 teaspoon kosher salt**
**1 teaspoon hot sauce**
**½ teaspoon sugar**
**2 pounds collard greens**
**Freshly ground black pepper**

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**Heat the oil** in a large stockpot over medium heat. Add the onion and cook until translucent, about 5 minutes. Add the garlic and ham hocks and cook for 2 more minutes. Next add the water, vinegar, red pepper flakes, salt, hot sauce, and sugar. Bring to a steady simmer, lower the heat, and simmer gently for 1 hour.

**Meanwhile, cut off** the stems of the collards and slice out the rib that runs the length of each leaf. This should yield two large pieces from each leaf. Stack all the trimmed leaves on top of one another and then crosscut the leaves into ½-inch-wide ribbons. Transfer the collards to a large bowl with a large amount of cold water and agitate for 1 minute. Allow the water to settle for 5 minutes. Then, with a slotted spoon, remove the collards and transfer to another bowl. Change the water and repeat the process. The collards must be completely free of sand and dirt.

**Add the cleaned collards** to the ham hock stock and simmer until the collards are very tender, about 1 hour. Once the greens are tender, remove the ham hocks. When the hocks are cool enough to handle, peel off the skin, remove the meat from the bones, and chop the meat. Return the meat to the pot of greens.

**Adjust the seasoning** to taste with salt, hot sauce, and pepper before serving.

STEWED

# BLACK-EYED PEAS

ACTIVE TIME
30 MINS

SERVES
6 TO 8

AGRICULTURAL
SOUTH

1 DAY
PLUS OVERNIGHT SOAKING
OF THE PEAS

**SOUTHERNERS BELIEVE THAT** eating black-eyed peas on New Year's Day will bring them good luck and prosperity in the coming year, with the peas symbolizing coins and the usual side dish of greens representing folding money. To give this simple legume side dish a bolder flavor, use the Ham & Pork Stock in place of the Chicken Stock. For a meat-free variation, leave out the ham hocks and substitute Vegetable Stock for the cooking liquid.

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**CHEF'S NOTE**

For those who don't eat pork, 2 smoked turkey wings can be substituted for the ham hocks. Serve the peas either as a side dish or as an entrée with Yellow Corn Bread or Johnnycakes.

**1 pound dried black-eyed peas**
**2 tablespoons peanut or canola oil**
**2 small or 1 large smoked ham hock**
**1 yellow onion, finely chopped**
**4 garlic cloves, finely chopped**

**1 green bell pepper, finely diced**

**1 small jalapeño pepper, seeded and finely diced**

**2 tablespoons tomato paste**

**1 (14.5-ounce) can crushed tomatoes**

**4 cups Chicken Stock**

**3 bay leaves**

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THE NIGHT BEFORE

**Sort through the black-eyed peas** to remove any debris and stones. Place the beans in a colander and rinse under cold water. Transfer to a large soup pot and cover with cold water. The water level should reach at least 2 inches above the beans. Leave to soak overnight.

THE NEXT DAY

**Drain and rinse the peas and reserve.** In a large soup pot, heat the oil over medium heat, add the ham hocks, and lightly brown on all sides, about 5 minutes. Remove the hocks and reserve.

**Add the onion and garlic** and cook over medium heat until translucent, about 5 minutes. Add the bell pepper and jalapeño and cook for another 3 minutes. Then add the tomato paste and cook for 3 minutes more, allowing the paste to develop a rich flavor and color.

**Now add the crushed tomatoes,** black-eyed peas, Chicken Stock, reserved ham hocks, and bay leaves to the pot. Bring to a boil and then reduce to a gentle simmer. Cook uncovered for about 45 minutes, until the peas are tender. Skim off any froth that develops during the cooking process.

**Remove the ham hocks,** let cool until they can be handled, then peel off the skin and remove the meat from the bones. Roughly chop the meat, return it to the pot, heat through, and serve.



Mixed Greens with Baby Turnips

# MIXED GREENS

## WITH BABY TURNIPS

SERVES
6 to 8
AGRICULTURAL SOUTH
ACTIVE TIME
30 MINS
TOTAL TIME
1 HR

**HERE IS ANOTHER VARIATION ON** the theme of greens. This method uses a tangy combination of mustard greens, turnip greens, and kale and includes baby turnips with their greens in the mix. Bacon gives the "mess" of greens its smoky flavor, but it can be left out if you prefer. In that case, another dash or two of hot sauce would be welcome.

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**CHEF'S NOTE**

These greens are delicious served with their potlikker and corn bread.

**2 pounds mustard greens**
**1 pound turnip greens**
**1 pound kale**
**2 pounds baby or small turnips (with tops left on), peeled**
**2 tablespoons vegetable oil**
**4 ounces applewood-smoked slab bacon, chopped**
**2 garlic cloves, finely chopped**
**½ cup yellow onion, finely chopped**
**3 cups Vegetable Stock**
**1 teaspoon kosher salt**
**1 pinch sugar**
**2 or 3 dashes hot sauce**
**Freshly ground black pepper**

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**Trim the tough stems and ribs** from the mustard greens, turnip greens, and kale. Fill a clean kitchen sink with cold water and thoroughly wash the greens and baby turnips. Be sure they are free of any grit and dirt; if necessary, wash twice.

**In a stewpot or large Dutch oven,** heat the vegetable oil over medium heat. Add the bacon and brown well on all sides. Then add the garlic and onion and cook until translucent, about 3 minutes.

**Add the kale, turnip,** and mustard greens and cook, stirring, until the greens begin to wilt, 3 to 4 minutes. Pour in the Vegetable Stock and bring to a full simmer. Season with the salt and sugar and cook for 10 more minutes. Add the whole baby turnips with their tops and gently simmer until tender, about 10 minutes.

**Adjust the seasoning with salt,** hot sauce, and black pepper to taste.

FRIED GREEN

# TOMATOES

SERVES
6-8

ACTIVE TIME
35 MINS

AGRICULTURAL SOUTH
35 MINS

**THIS SOUTHERN CLASSIC IS** typically prepared when the tomatoes are coming so fast they cannot all be served in salads or put up in sauces. The mix of Japanese *panko* (bread crumbs) and cornmeal gives the slices an extra-crispy crunch, while the Roast Tomato Aioli doubles the tomato taste.

## ROAST TOMATO AIOLI

**1 cup Aioli**

**½ cup preserved roasted tomatoes or oil-packed sun-dried tomatoes, drained and finely chopped**

**2 tablespoons fresh flat-leaf parsley, chopped**

## FRIED GREEN TOMATOES

**1½ cups vegetable oil**

**1 cup all-purpose flour**

**¾ cup buttermilk, preferably full fat**

**2 large eggs, beaten**

**¼ teaspoon hot sauce**

**⅔ cup yellow cornmeal**

**⅓ cup panko bread crumbs**

**1 tablespoon sugar**

**5 firm green tomatoes, cored, and cut into ¼-inch-thick**

**slices**

**1 teaspoon kosher salt**

**¼ teaspoon freshly ground black pepper**

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### TO MAKE THE ROAST TOMATO AIOLI

**Combine all the ingredients** in a small bowl and blend well. Cover and set aside.

### TO MAKE THE FRIED GREEN TOMATOES

**Pour the vegetable oil** into a large cast iron skillet and preheat over medium heat.

**Meanwhile, pour the flour** into a small bowl. In a second small bowl, whisk together the buttermilk, eggs, and hot sauce. In a third small bowl, stir together the cornmeal, bread crumbs, and sugar.

**Arrange the sliced green tomatoes** on a work surface and season both sides with the salt and pepper. Dredge each tomato slice first in the flour, coating all sides, then in the buttermilk blend, coating thoroughly, and finally in the bread crumb and cornmeal mix, coating on both sides. Remove and shake off any excess cornmeal. As each slice is prepared, set it aside on a baking sheet.

**Using a deep-frying thermometer,** confirm the temperature of the oil has reached 375°F (maintain that temperature throughout the cooking). Working in batches, place the breaded tomatoes into the oil and fry on both sides until crisp, about 2 minutes per side.

**Remove the tomatoes** with a slotted spoon and transfer to a separate baking sheet lined with paper towels to drain off excess oil. Serve hot with the Roast Tomato Aioli.

# CORN PUDDING



| | | |
|---|---|---|
| ACTIVE TIME<br>**20 MINS**<br>**AGRICULTURAL SOUTH**<br>TOTAL TIME<br>**1 HR 10 MINS** | SERVES<br>**4 TO 6** | |

**THE AFRICAN AMERICAN KITCHEN** often intersects with the cooking of Native Americans. Here, a southern corn pudding is a history lesson in a casserole. It combines the British tradition of pudding making with Native American corn in a dish that is pure southern comfort food.

**5 ears corn, preferably locally grown, shucked and cleaned of silk**

**2 tablespoons sugar**

**1½ teaspoons kosher salt**

**1 tablespoon all-purpose flour**

**½ teaspoon freshly grated nutmeg**

**1 tablespoon butter, plus 2 tablespoons, melted**

**½ yellow onion, very finely chopped**

**1 large egg, beaten**

**2 cups half-and-half or light cream**

**¼ cup cream cheese, at room temperature**

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**Preheat the oven** to 350°F.

**Cut the corn kernels** from the cobs and transfer to a large bowl.

**Add the sugar, salt,** flour, and nutmeg to the corn and mix to

thoroughly combine.

**Melt 1 tablespoon butter** in a small sauté pan over medium heat. Add the onion and cook until translucent and tender (do not brown), about 5 minutes. Then add the onion to the corn in the bowl.

**In a separate medium bowl,** whisk the egg, half-and-half, cream cheese, and the 2 tablespoons melted butter until well blended. Pour the cream mixture into the bowl with the corn and onion and mix until all the ingredients are fully incorporated.

**Lightly grease** a 9-by-13-inch baking dish with butter. Pour the corn mixture into the prepared dish and bake for 40 to 45 minutes, until set and golden brown. Serve hot.



Fried Okra

# FRIED OKRA

ACTIVE TIME
35 MINS
AGRICULTURAL
SOUTH
40 MINS

SERVES
6 to 8

**OKRA IS ANOTHER SOUTHERN** garden staple. However, some people are not fans because of its slippery mouthfeel. But this commonly shunned vegetable often seduces when it is fried. Here, the Creole-spiced pods pick up even more taste from a dip that salutes pimento cheese, another hallmark of the southern table.

**2½ pounds large okra**
**2 cups buttermilk**
**1½ tablespoons**
**Creole Spice Blend**
**2 cups cornmeal, preferably stone-ground**
**1½ cups all-purpose flour**
**1 teaspoon kosher salt**
**4 cups vegetable oil for frying**

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**Trim the stem ends** of the okra. Place the pods in a large bowl, add the buttermilk, and stir gently to coat evenly. In a small shallow bowl, mix the Creole Spice Blend with the cornmeal, flour, and salt.

**Pour the vegetable oil** into a medium, heavy-gauge pot and heat to 350°F on a deep-frying thermometer (or use a tabletop deep-fryer). Remove the okra from the buttermilk one pod at a time and toss with the cornmeal mixture, coating evenly. Set aside on a baking sheet.

**Working in batches to avoid crowding,** add the okra to the hot oil and fry until golden and crispy, 6 to 7 minutes. Using a slotted spoon, transfer the fried okra to a platter lined with paper towels to absorb excess oil. Keep warm. Repeat until all the okra is fried.

**Serve the okra hot** with Pimento Cheese Aioli (recipe below) as a dipping sauce.

**PIMENTO CHEESE AIOLI**

**¾ cup Pimento Cheese**

**1 cup Aioli**

**1 pinch cayenne pepper**

**1 dash Worcestershire sauce**

**Put the Pimento Cheese** in the bowl of a food processor and blend until smooth. Transfer to a medium bowl. With a rubber spatula, fold in the Aioli and season with the cayenne and Worcestershire sauce. Refrigerate until serving.

GINGER & BROWN SUGAR CANDIED

# SWEET POTATOES

SERVES 8 to 10

ACTIVE TIME
20 MINS

TOTAL TIME
1 HR

**FOR MANY PEOPLE, IT IS NOT** Thanksgiving without a casserole dish of candied sweet potatoes—often incorrectly called candied yams—placed prominently on the table. (The yam, an edible tropical tuber, belongs to a different botanical family.) This version has so much taste that you won't even miss the marshmallows.

**6 sweet potatoes (about 4½ pounds)**
**1 pinch kosher salt, plus 2 teaspoons**
**1 cup freshly squeezed orange juice**
**¾ cup packed light brown sugar**
**½ cup (1 stick) unsalted butter**
**4 tablespoons grated peeled fresh ginger**
**½ vanilla bean, or ½ teaspoon pure vanilla extract**
**2 cinnamon sticks**
**1 teaspoon freshly grated nutmeg**

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**Peel the sweet potatoes** and cut into ¾-inch-thick slices. Put them in a pot, cover with cold water, and add the pinch of salt. Bring the water to a boil, reduce to a simmer, and cook for 5 minutes.

**While the sweet potatoes simmer,** put all the remaining ingredients in a small saucepan and bring to a boil over medium heat. The ingredients should blend into a creamy consistency. Remove from the heat and set aside. Preheat the oven to 325°F.

**Drain the sweet potatoes.** Transfer them to a 9-by-13-inch baking dish and pour over the orange juice mixture. Gently mix to coat the sweet potatoes.

**Bake uncovered for about 40 minutes,** until the liquid has thickened and the sweet potatoes are tender and glazed. Gently stir the potatoes two or three times during the cooking process to help thicken the glaze. Serve hot.

YANKEE

# BAKED BEANS



SERVES
6 to 8

ACTIVE TIME
40 MINS

TOTAL TIME
1 DAY
PLUS OVERNIGHT SOAKING
OF THE BEANS

**YANKEE BAKED BEANS, SOMETIMES** called Boston baked beans, were common New England fare by the mid-seventeenth century. Traditionally cooked low and slow in a stoneware pot on a wood-fired stove—a technique mimicked with today's slow cookers—they were a go-to dish served everywhere from lumber camps to fancy restaurants, often on Saturday night. Molasses, the residue left over from sugar refining, is the common sweetener except in Vermont, where maple syrup is typically used. This version uses two sweeteners, molasses and maple sugar.

**1 pound dried great northern beans**

**1 small yellow onion, peeled but left whole, plus 1 cup finely diced yellow onion**

**1 large carrot, peeled**

**1 celery stalk**

**⅓ cup unsulfured molasses**

**2 tablespoons maple sugar**

**⅓ cup packed light brown sugar**

**1 teaspoon kosher salt**

**3 tablespoons Dijon mustard**

**2 bay leaves**

**1 pinch ground cloves**

**8 ounces salt pork or bacon slab, cut into 1-inch cubes**

**2 teaspoons freshly ground black pepper**

**2 dashes cider vinegar (optional)**

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THE NIGHT BEFORE

**Sort through the beans** to remove any debris and stones. Place the beans in a colander and rinse under cold water. Transfer to a large soup pot and cover with cold water. The water level should reach at least 2 inches above the beans. Leave to soak overnight.

THE NEXT DAY

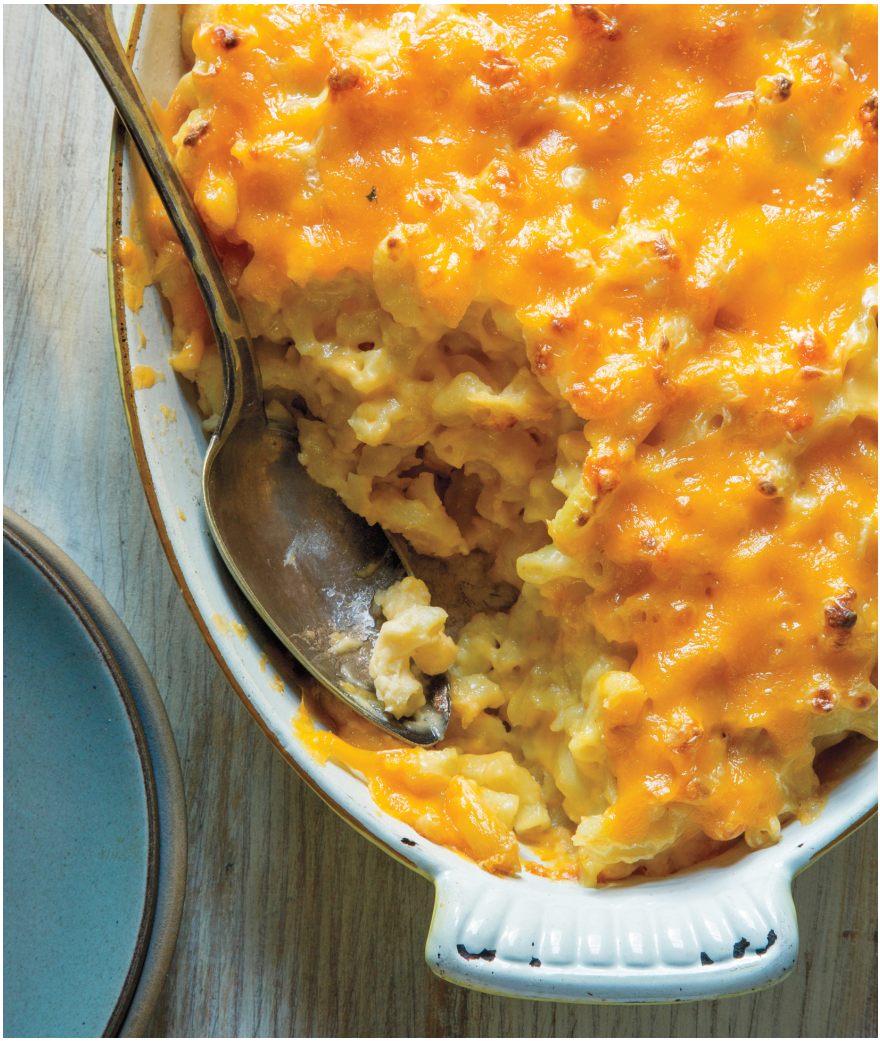
**Drain the beans,** rinse with cold water, and add fresh water to 2 inches below top of pot. Add the whole onion, carrot, and celery. Place the beans over medium heat and cook uncovered at a steady simmer until creamy and tender, about 45 minutes. Drain the beans through a colander, reserving half of the cooking water, and keeping the beans and cooking water separate. Discard the onion, carrot, and celery.

**Preheat the oven** to 325°F.

**In a medium bowl,** combine the molasses, maple sugar, brown sugar, salt, mustard, bay leaves, and cloves with 1 cup of the reserved bean cooking water. Stir until fully blended.

**Put the beans,** salt pork, diced onion, and the molasses mixture in a heavy pot with a fitted lid (such as a Dutch oven) and mix well. Bake, stirring every 30 minutes, until tender, 4 to 5 hours. If the beans begin to look dry before they are ready, add about ½ cup of the reserved bean cooking water to moisten them. To develop a rich browning, the cooking liquid should come just to the top of the beans but not fully cover them.

**When the beans are done,** remove them from the oven and stir well. Adjust the seasoning with salt and pepper to taste. You can also adjust the level of tartness with a splash or two of cider vinegar.



Baked Macaroni & Cheese

BAKED

# MACARONI & CHEESE



ACTIVE TIME
**30 MINS**
TOTAL TIME
**1 HR 10 MINS**

SERVES
**4 TO 6**

**CONTINENTAL UNITED STATES**

**FOOD HISTORIANS DEBATE** whether Thomas Jefferson brought home a recipe for macaroni and cheese from England or from northern Italy. No one knows. What we do know is that a variant of the dish was served at a state dinner in 1802 and mentioned in reports as "a pie called macaroni." A variation of this dish appears in *The Virginia Housewife: Or, Methodical Cook*, an 1824 cookbook by Mary Randolph, a cousin of Jefferson's. Whatever its origin, the dish has been taken to the hearts and stomachs of African Americans in the United States and in the Caribbean, where it is sometimes known by its British name, macaroni pie. This version uses Cheddar, though some cooks use other cheeses.

**4 tablespoons unsalted butter**
**½ cup all-purpose flour**
**1 cup whole milk**
**3 cups half-and-half**
**1 teaspoon dry English mustard**
**⅛ teaspoon freshly grated nutmeg**
**1 pinch cayenne pepper**
**2 teaspoons kosher salt**

**Freshly ground black pepper**

**12 ounces sharp orange Cheddar cheese, grated, divided**

**1 pound elbow macaroni, cooked and drained**

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**Preheat the oven** to 325°F. Lightly butter a 9-by-13-inch broiler-proof baking dish.

**In a large saucepan** over low heat, melt the butter. Add the flour and stir with a wooden spoon until smooth. Increase the heat to medium and cook, stirring, until the mixture turns a light golden color, about 3 minutes. Whisk in the milk and half-and-half, then bring to a simmer while continuing to whisk. Simmer the sauce for about 5 minutes, until nicely thickened. Remove from the heat.

**Stir in the mustard,** nutmeg, cayenne, salt, and pepper to taste, followed by three-quarters of the grated cheese. Whisk until all the ingredients are fully incorporated. Add the cooked macaroni to the cheese sauce and toss to blend.

**Pour the macaroni mixture** into the prepared baking dish. Bake for 30 minutes, until the mac and cheese is bubbly. Top with the remaining cheese. Reset the oven to the broiler setting and broil until the cheese has slightly blistered and is lightly browned. Serve hot.

# HOPPIN' JOHN

SERVES
**4 - 6**

ACTIVE TIME
**20 MINS**

**AGRICULTURAL SOUTH**

TOTAL TIME
**1 DAY**

PLUS OVERNIGHT SOAKING OF THE PEAS

**IF IT IS NEW YEAR's DAY AND** a southerner is in the kitchen—or even in the room—there will probably be some Hoppin' John on the table. Native to South Carolina's Low Country, this humble dish of black-eyed peas and rice cooked together, a method brought from Africa, has its culinary kin in the red beans and rice of Louisiana and the *moros y cristianos* (black beans and rice) of Cuba. On New Year's Day, Hoppin' John symbolizes good luck. The rest of the year, it simply tastes good.

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**CHEF'S NOTE**

Sea Island Red Peas, small red peas long grown in the Sea Islands off the South Carolina coast, are traditionally paired with Carolina Gold rice in Hoppin' John.

**1 cup dried black-eyed peas or Sea Island Red Peas**
**4 cups Ham & Pork Stock**
**2 bay leaves**
**4 thick bacon slices, diced**
**1 onion, minced**
**1 garlic clove, finely chopped**
**1 celery stalk, finely diced**

**1 green bell pepper, finely diced**
**1 cup Carolina Gold rice**
**1½ teaspoons kosher salt**
**¾ teaspoon freshly ground black pepper**
**¼ bunch fresh flat-leaf parsley, chopped**
**4 scallions, white and light green parts, thinly sliced**

---

THE NIGHT BEFORE

**Sort through the black-eyed peas** to remove any debris and stones. Place the peas in a colander and rinse under cold water. Transfer to a medium soup pot and cover with cold water. The water level should reach at least 2 inches above the peas. Leave to soak overnight.

THE NEXT DAY

**Drain the black-eyed peas** and rinse with cold water.

**Combine the peas,** Ham & Pork Stock, and bay leaves in the soup pot and bring to a simmer uncovered. Cook uncovered until the peas are tender but not mushy, 45 minutes to 1 hour.

**Drain the peas,** reserving both the peas and the stock. Discard the bay leaves.

**Rinse the soup pot** and return it to the stovetop. Add the bacon and cook over medium heat to render the fat. Once the bacon is crisp, remove it with a slotted spoon and set aside, leaving the fat in the pot.

**Add the onion and garlic** to the pot and cook over medium heat until translucent, about 5 minutes. Then add the celery and bell pepper and cook for another 3 minutes. Stir in the rice, salt, pepper, and 2½ cups of the reserved Ham & Pork Stock. Cover and simmer over low heat until the rice is tender, 18 to 20 minutes.

**When the rice is done,** stir in the crisp bacon, peas, parsley, and scallions and serve.

# RICE

Most of us are unaware that the African continent has its own species of rice, *Oryza glaberrima*. Yet for many on the western coast of the African continent, rice is the staff of life and the center of agricultural pursuit. Indeed, in the times when the African coastline was named for its major exports (Ivory, Gold, and even Slave), the area that stretches from southern Senegal to Liberia was known as the Rice Coast. The enslaved carried their knowledge of rice growing with them and were important in the development of a system that transformed the agriculture of the New World. Not surprisingly, European slavers valued this wisdom, and slaves from the Rice Coast commanded higher prices.

Ethnobotanists today are discovering that enslaved Africans may have been responsible for more than widely disseminating knowledge of rice culture. One or more of the originally grown strains were possibly West African cultivars, though they were later replaced by the Asian rice species that are cultivated today.

People from the Rice Coast also carried many rice recipes from Africa to the Americas. Dishes such as Hoppin' John, red rice, and Limpin' Susan share ties with West African cooking, telling the history of both a grain and a people on the plate.





Stereographs of rice cultivation and transportation in South Carolina, late nineteenth to early twentieth century.

## CAROLINA GOLD

# RICE PILAF

| ACTIVE TIME | SERVES | |
|---|---|---|
| **10 MINS** | **4–6** | |
| **CREOLE COAST** | | |
| TOTAL TIME | | |
| **40 MINS** | | |

**COASTAL SOUTH CAROLINA WAS** the center of rice cultivation in America in the seventeenth century, and more than three centuries later, kitchens along the Creole Coast continue to celebrate this historic grain in an amazing array of dishes. In South Carolina, these rice dishes, or pilafs, are known as purloos or pilaus. All three terms come from the Turkish *pilav*, which in turn is borrowed from the Persian *polow*.

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### CHEF'S NOTE

The Café uses Carolina Gold rice, prized for its superior flavor, texture, and aroma and now grown in the Carolinas, Georgia, and Texas, for this dish, but any high-quality long-grain white rice can be substituted.

**2 tablespoons butter**
**½ yellow onion, finely chopped**
**2 cups Carolina Gold rice**
**3¼ cups Chicken Stock**
**1 bay leaf**

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**Preheat the oven to 350°F.**

**In a wide, heavy-bottomed,** ovenproof medium pot with a lid, melt the butter over medium heat. Add the onion and cook until translucent, about 5 minutes.

**Add the rice and stir well** to coat the grains with the butter. Cook, stirring, until the rice develops a slight nutty aroma, about 2 to 3 minutes. Do not let it brown.

**Add the Chicken Stock** and bay leaf, bring to a boil, and give the rice one final stir. Place the lid on the pot and immediately transfer to the oven. Bake for 15 minutes. Remove the pot, leaving the lid on, and let rest undisturbed for 10 to 15 minutes. Remove the bay leaf and serve.

# RICE & PIGEON PEAS

ACTIVE TIME
20 MINS

SERVES
4 TO 6

TOTAL TIME
1 HR 10 MINS

CULINARY COUSINS

**THIS DISH, BELOVED THROUGHOUT** the Caribbean and Central America, is called peas and rice everywhere except Jamaica, where it is called rice and peas. (The Jamaicans argue that there is more rice than peas!) Pigeon peas, also known as gungo peas, *pois congos*, or *gandules*, originated in India, and remnants have been found in archaeological sites that date back thirty-five hundred years. They migrated to the African continent and arrived in the Americas in the seventeenth century with the transatlantic slave trade. In Puerto Rico, a variation of this dish is served at Christmas.

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**CHEF'S NOTE**

This dish is delicious served with Curried Goat or Jamaican Jerk Chicken.

**12 cups Chicken Stock**
**½ cup coconut milk**
**1 (15½-ounce) can pigeon peas, rinsed and drained**
**2 teaspoons fresh thyme leaves**
**½ teaspoon ground allspice**
**2 scallions, white and light green parts, thinly sliced**
**½ cup minced yellow onion**
**3 garlic cloves, minced**
**1 Scotch bonnet or jalapeño pepper, uncut, washed**
**1 teaspoon packed light brown sugar**

**2¼ cups long-grain white rice**

**1½ teaspoons kosher salt**

**1 teaspoon freshly ground black pepper**

---

**In a stockpot,** combine the Chicken Stock, coconut milk, and peas and bring to a boil over high heat. Cover the pot, reduce the heat to low, and simmer for 20 minutes, until the peas are tender and creamy.

**Add the thyme,** allspice, scallions, onion, garlic, Scotch bonnet pepper, brown sugar, rice, salt, and pepper. There should be at least 1 inch of liquid covering the rice. If not, add water or more Chicken Stock.

**Bring to a boil** over high heat, reduce the heat to low, cover, and simmer for 20 to 30 minutes, until rice is tender. Remove the Scotch bonnet pepper prior to serving.



Louis Armstrong's Red Beans & Rice

# LOUIS ARMSTRONG'S

# RED BEANS & RICE

SERVES
**8**

ACTIVE TIME
**45 MINS**

**CREOLE COAST**

TOTAL TIME
**5 HRS**
PLUS OVERNIGHT SOAKING
OF THE BEANS

**RED BEANS AND RICE IS A** classic Monday-night dinner in New Orleans. Monday was traditionally washday, and the cook could put a pot on the stove to cook slowly while the washing was done. Louis Armstrong was such a fan of the dish that he signed his letters "red beans and ricely yours." His family recipe, a typewritten version of which is in his archives at Queens College in New York City, uses tomato sauce, which is not an ingredient in the traditional recipe.

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### CHEF'S NOTE

If pork is off your menu, you can substitute chicken fat for the salt pork and corned beef or tongue for the ham hock. This is Louis Armstrong's family recipe as originally published.

### BEANS

**1 pound dried kidney beans**
**8 ounces salt pork, or 2 slab bacon slices**
**6 small ham hocks, or 1 smoked pork butt**
**2 yellow onions, diced**
**¼ green bell pepper, diced**
**1 garlic clove, chopped**
**1 large or 2 medium dried hot peppers**

**Salt**

**1 (6-ounce) can tomato sauce (optional)**

**RICE**

**2 cups white rice**

**3 cups cold water**

**1 teaspoon salt**

---

**TO MAKE THE BEANS**

**Wash the beans thoroughly,** then cover with cold water and soak overnight. When ready to cook, pour the water off the beans, put them in a large pot, and add fresh water to cover. Add the salt pork or bacon. Cover the pot and bring to a boil over high heat. Reduce the heat to a simmer and cook for 1½ hours. Add the onions, bell pepper, garlic, dried peppers, and salt to taste and cook for 3 more hours. Stir in the tomato sauce (if using), then cook 1½ hours more, adding water as needed. The beans and meat should always be just covered with liquid; don't let the mixture get dry.

**To prepare with ham hocks** or pork butt, wash the meat, add water to cover, and bring to a boil in a covered pot over medium heat. Cook for 1½ hours. Then add the presoaked beans (first pour the water off) and the remaining ingredients. Cook for 4½ hours. Add water as needed.

**TO MAKE THE RICE**

**Rinse the rice thoroughly** under cold running water.

**Bring the water and salt to a boil** in a medium saucepan. Add the rice to the boiling water. Cook until the rice swells and the water is almost evaporated. Then cover, turn the heat to low, and cook until the rice is grainy. To ensure grainy rice, use 1½ cups water to 1 cup rice.




SOUPS
AND
STEWS

# SOUPS AND STEWS



**Feature: Western Range**

Frogmore Stew

Chesapeake Corn & Crab Chowder

Collard, Tomato, & Cashew Stew

Duck & Crawfish Gumbo

Okra & Tomato Soup

Cowpea & Collard Soup

Son-of-a-Gun Stew

Brunswick Stew

“Smoking Hot” Oxtail Pepper Pot

**Feature: Peanuts**

Senegalese Peanut Soup





*Hot crab pot*, 1979; printed 2007. Photograph by Jeanne Moutoussamy-Ashe.

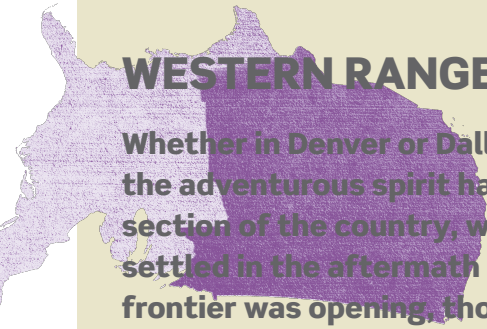





A group dining in Hunt's Cafe in Earle, Arkansas, early to mid-twentieth century.




Comparing root vegetables at a Harlem, New York, grocery store, ca. 1959. Photograph by Lloyd W. Yearwood.



## WESTERN RANGE

**Whether in Denver or Dallas, St. Louis or San Francisco, the adventurous spirit has prevailed in the western section of the country, where many African Americans settled in the aftermath of the Civil War. As this new frontier was opening, those in search of a different, better life headed west to seek their fortune. From the cowboys and chuck-wagon cooks who deployed their skills at roping and wrangling, and their cast iron skillets, to the intrepid black prospectors who worked mining claims and the brave buffalo soldiers who patrolled the range, to the citizens of Tulsa, Oklahoma's Black Wall Street, African Americans had a hand in shaping life in the western states and left their culinary mark wherever they stopped.**

In the West, African Americans continued to make fortunes in food service. Barney Ford, a thwarted gold rush prospector turned barber turned restaurateur, eventually built a hotel in Denver that featured a seven-page menu in French and English and served dishes such as trout, oysters, and game to the city's new silver millionaires.

Abby Fisher was a former slave whose journeys eventually led her to San Francisco and a career in catering and pickle making. In 1881, her delighted customers helped her to pen a tome called *What Mrs. Fisher Knows about Old Southern Cooking: Soups, Pickles, Preserves, Etc.*, which, for many years, was considered the first African American cookbook. In the same city, Mary Ellen Pleasant, another former southerner, ended up as a boarding house (some say brothel) owner. She listened at the table as her patrons spoke of their business deals, invested along with them, and eventually not only grew her own sizable fortune but also led the march toward

equality, becoming known as San Francisco's "Mother of Civil Rights in California."

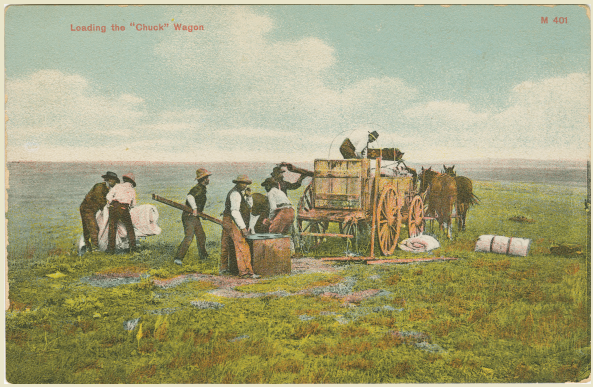
The tradition of catering was continued into the twentieth century by, among others, Cleora Butler of Tulsa, whose business spanned decades and whose 1985 cookbook, *Cleora's Kitchens: The Memoir of a Cook & Eight Decades of Great American Food*, is a virtual history of African American entertaining.



**TEXAS CAVIAR**



The galley kitchen of a railroad dining car, early to mid-twentieth century.




*Loading the "Chuck" Wagon*, ca. 1906. Created by Charles E. Morris.



**JOHNNYCAKES**

Carafe used by the Pullman Palace Car Company, mid-twentieth century.





Frogmore Stew

# FROGMORE STEW

| ACTIVE TIME | SERVES | |
|---|---|---|
| **40 MINS** | **8** | |
| **CREOLE COAST** | | |
| TOTAL TIME | | |
| **1 HR** | | |

**ALSO KNOWN AS BEAUFORT** stew or a Low Country boil, this dish is one of the many seafood boils popular in the coastal areas of South Carolina and Georgia. It is named for Frogmore, the traditional mailing address for Saint Helena Island in the Sea Islands, just off the South Carolina coast. The mix of seafood, corn, and sausage is usually cooked in large quantities and is a perfect excuse for a summer party.

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**CHEF'S NOTE**

The Café uses Georgia coastal shrimp for true local flavor.

**8 quarts cold water**

**1 cup Old Bay seasoning**

**¼ cup kosher salt**

**4 tomatoes, quartered**

**2 yellow onions, quartered**

**1 celery stalk**

**1 lemon, quartered, plus wedges for serving**

**2 pounds small new potatoes, preferably Red Bliss or Yukon Gold**

**1 pound high-quality kielbasa or other smoked sausage, cut into 2-inch pieces**

**36 large shrimp in the shell**

**8 live large blue crabs**

**8 ears fresh corn, shucked, cleaned of silk, and halved crosswise**

**Cocktail sauce, for serving**

**Unsalted butter, for serving**

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**In a large stockpot** (at least 16-quart capacity), bring the water to a rolling boil. Add the Old Bay seasoning, salt, tomatoes, onions, celery, and lemon. Reduce the heat to a simmer and cook for 15 minutes.

**Add the potatoes** and sausage and cook for 10 minutes longer.

**Next add the shrimp,** crabs, and corn and simmer for another 7 minutes.

**Drain off the liquid** through a colander. Transfer the stew to a serving platter and serve immediately, accompanied with lemon wedges, a favorite cocktail sauce, and butter.

## CHESAPEAKE

# CORN & CRAB

## CHOWDER

| ACTIVE TIME | SERVES | |
|---|---|---|
| 35 MINS | 6 | |
| AGRICULTURAL SOUTH | | |
| 1 HR 5 MINS | | |

**CHESAPEAKE CORN CHOWDER, A** culinary cousin of the clam chowder of New England, showcases not only its namesake corn, a popular local crop, but also the bounty of the bay.

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### CHEF'S NOTE

Check ingredients needed for the Crab Stock recipe prior to grocery shopping. Serve this creamy soup with oyster crackers or corn bread croutons.

**3 tablespoons butter**

**1 cup minced yellow onion**

**2 garlic cloves, finely chopped**

**3 celery stalks, finely diced**

**3 leeks, white and light green parts, washed well and finely diced**

**1 small carrot, peeled, finely diced**

**1½ tablespoons all-purpose flour**

**1 tablespoon Old Bay seasoning**

**4 cups Crab Stock**

**4 Yukon Gold potatoes, peeled and chopped**

**4 cups fresh local Silver Queen corn kernels, (from 10 or 12 ears) or thawed frozen corn kernels**

**2 bay leaves**

**2 fresh thyme sprigs**

**1 cup heavy cream**

**1 pound jumbo lump crabmeat, picked over for shell bits**

**2 teaspoons kosher salt**

**Freshly ground black pepper**

**¼ cup fresh flat-leaf parsley, chopped**

**1 tablespoon fresh chives, snipped**

---

**In a large soup pot** over medium heat, melt the butter. Add the onion and garlic and cook until translucent, about 5 minutes. Add the celery, leeks, and carrot and cook for another 3 minutes.

**Sprinkle the flour** over the vegetables and stir until the vegetables are well coated. Cook for 3 minutes longer, stirring continually. Stir in the Old Bay seasoning.

**Add the Crab Stock** and bring to a boil. Reduce the heat to a simmer, add the potatoes, and cook for 12 minutes. Remove 2 cups of the chowder (be sure to include a mixture of vegetables and potatoes) and transfer to a blender. Puree until smooth and thick. Return the puree to the soup pot. Add the corn kernels, bay leaves, and thyme and cook for 10 minutes longer.

**Add the cream and crabmeat** to the pot and simmer for 5 minutes. Season with the salt and pepper, then taste and adjust the seasoning if needed. Just prior to serving, stir in the parsley and chives.

# COLLARD, TOMATO,

## & CASHEW STEW

| | | | |
|---|---|---|---|
| VEGETARIAN<br>50 MINS<br>SPECIAL<br>TOTAL TIME<br>1 hr 30 MINS | | | |

**IN THIS INSPIRED MIX OF BOLDLY** flavored ingredients, ginger, cardamom pods, and curry powder join forces with collard greens, cashew nuts, and coconut milk to create a savory taste that evokes both Africa and Asia. Serve this dish over a bed of rice.

**2 tablespoons peanut or canola oil**
**¾ cup cashew halves**
**½ cup minced yellow onion**
**3 garlic cloves, finely chopped**
**1½ tablespoons finely grated peeled fresh ginger**
**½ teaspoon smoked paprika**
**1 teaspoon curry powder**
**1 jalapeño pepper, seeded and minced**
**1 tablespoon tomato paste**
**3 cups Vegetable Stock**
**6 cardamom pods, lightly cracked**
**2 bay leaves**
**¼ cup oil-packed sun-dried tomatoes, drained and chopped**
**½ cup crushed tomatoes**
**2 large sweet potatoes, peeled and cut into large dice**
**¾ teaspoon sea salt**
**¼ teaspoon freshly ground black pepper**

**2 bunches collard greens, stems and ribs removed, cut into ¼-inch-wide ribbons, and well washed (see Collards & Potlikker)**

**¾ cup coconut milk**

**¼ cup creamy organic cashew butter**

**3 tablespoons fresh cilantro, coarsely chopped, for garnish**

**3 scallions, white and light green parts, thinly sliced, for garnish**

---

**Heat a large soup pot** over medium-low heat. Add the peanut oil, then add the cashews and cook for 2 to 3 minutes, until a nutty aroma has developed.

**Add the onion,** garlic, and ginger and cook for 5 minutes longer. Stir in the paprika, curry powder, and jalapeño, mixing well.

**Add the tomato paste** and cook, stirring often, for 3 to 4 minutes, until it lightly caramelizes. Now add the Vegetable Stock, cardamom, bay leaves, sun-dried tomatoes, crushed tomatoes, sweet potatoes, salt, and pepper. Bring to a simmer and cook for 8 minutes.

**Add the collards** and simmer for 25 minutes longer. Then add the coconut milk and continue to cook for 10 more minutes.

**Stir in the cashew butter** and adjust the seasoning to taste. Garnish with the cilantro and scallions.



Duck & Crawfish Gumbo

## DUCK & CRAWFISH

# GUMBO



| ACTIVE TIME | SERVES | |
|---|---|---|
| 1 HR | 6–8 | |
| CREOLE COAST | | |
| TOTAL TIME | | |
| 3½ HRS | | |

**IN SOUTHERN LOUISIANA, THERE** are as many different gumbos as there are grandmothers. This one is a variation on a classic Cajun duck and andouille gumbo, complete with mahogany roux.

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### CHEF'S NOTE

The Café uses andouille sausage, Rohan duck, and American farm-raised crawfish.

**6 duck legs (about 4 pounds)**
**4 tablespoons Creole Spice Blend, divided**
**1 pound andouille sausage, cut into ½-inch-thick rounds**
**¼ cup all-purpose flour**
**¼ cup tomato paste**
**1 cup diced yellow onion**
**½ cup diced red bell pepper**
**½ cup diced green bell pepper**
**3 garlic cloves, finely chopped**
**6 cups Chicken Stock**
**1 cup tomato puree**
**1 teaspoon dried oregano**

**2 bay leaves**
**½ bunch fresh thyme**
**¾ cup finely diced celery**
**2 cups okra, cut into ½-inch-thick rounds**
**1 tablespoon unsalted butter**
**1 cup cooked crawfish tails**
**1 tablespoon gumbo filé powder**
**Salt**
**Freshly ground black pepper**
**Tabasco sauce (optional)**
**Steamed white rice, for serving**

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**Arrange the duck legs** on a baking sheet and season by rubbing all sides well with 2 tablespoons of the Creole Spice Blend. Let the duck sit at room temperature for 20 minutes.

**Heat a large, heavy-bottomed stewpot** or Dutch oven (cast iron is excellent for gumbo) over medium heat. Place the duck legs skin-side down in the pot, and allow the fat to render from the duck. Reduce the heat to low. Brown the skin side well for 30 minutes, then turn and brown the flesh side for a further 10 minutes. Avoid burning the duck fat. Once the duck is browned but not fully cooked, remove the legs and transfer to a platter. Next brown the sausage in the duck fat in the same pot. Remove the sausage but leave the fat in the pan.

**Make a roux** by adding the flour to the duck fat and cooking over low heat until it turns a rich chocolate brown, about 8 to 10 minutess. Be sure to stir the roux often to keep it from burning. Once the roux has browned, immediately add the tomato paste, stir well, and cook for 2 minutes. Then add the onion, red and green bell peppers, and garlic and cook for 3 more minutes while stirring regularly.

**Whisk the Chicken Stock** and tomato puree into the roux, mixing well. Increase the heat and bring to a simmer, enabling the stock to thicken. Add the duck legs, sausage, the remaining 2

tablespoons Creole Spice Blend, oregano, bay leaves, thyme, and celery and simmer for 1½ hours. During this cooking time, regularly skim off excess fat from the surface.

**Carefully remove the duck** from the pot and set aside to cool slightly. Then remove and discard the skin. Cut the meat from the bones into about 1-inch cubes. Discard the bones, return the meat to the pot, and cook for an additional 10 minutes. Add the okra and cook for 10 more minutes, until tender.

**In a medium skillet** over high heat, melt the butter and allow it to lightly brown. Quickly add the cooked crawfish tails and sauté for 2 minutes. Add the crawfish to the gumbo and stir in the filé powder. Remove the bay leaves. Taste and adjust the seasoning with salt and pepper and with Tabasco sauce if you like it hotter. Serve over rice.

## OKRA &

# TOMATO SOUP



SERVES
6–8

ACTIVE TIME
30 MINS

TOTAL TIME
1 HR 30 MINS

AGRICULTURAL SOUTH

**THIS ALL-SEASON SOUP CAN BE** made from fresh ingredients in high summer when tomatoes and okra are at their peak, or from frozen okra and canned tomatoes (or better, home-preserved ones) in the cold winter months.

**6 large vine-ripened tomatoes, or 1 (28-ounce) can whole peeled tomatoes, seeded and roughly chopped, with juices**

**3 bacon slices, finely chopped**

**1 cup yellow onion, finely chopped**

**1 celery stalk, finely diced**

**6 garlic cloves, finely chopped**

**2 tablespoons tomato paste**

**½ teaspoon smoked paprika**

**1 pound okra, cut into ¾-inch-thick rounds**

**2 fresh thyme sprigs**

**¼ teaspoon red pepper flakes**

**6 cups Chicken Stock**

**2 bay leaves**

**1½ teaspoons kosher salt**

**¼ teaspoon freshly ground black pepper**

**1½ tablespoons fresh flat-leaf parsley, finely chopped, for garnish**

**If using fresh tomatoes,** first peel them. Fill a medium stockpot with cold water and bring to a boil. Prepare a large bowl of ice water. With a paring knife, remove the core from each tomato and cut a quarter-sized X in the skin of the tomato bottom. Place the tomatoes in the boiling water for 30 seconds, then, using a slotted spoon, transfer them to the bowl of ice water. Let cool, then gently remove the skin. Roughly chop the peeled tomatoes. You should have 4 cups.

**In a large soup pot** over medium heat, fry the bacon until the fat renders and the bacon is crisp, about 3 to 5 minutes.

**Add the onion,** celery, and garlic and cook until translucent, about 5 minutes. Then add the tomato paste and cook over low heat for 5 more minutes, stirring regularly, until the paste is lightly caramelized. Add the paprika, okra, thyme, and red pepper flakes and cook for 10 minutes, until okra is tender.

**Add the tomatoes,** Chicken Stock, bay leaves, salt, and pepper and simmer uncovered for 30 minutes. Remove the bay leaves. Garnish with the parsley just before serving.

# COWPEA

## & COLLARD SOUP

ACTIVE TIME
**30 MINS**
TOTAL TIME
**1 DAY**
PLUS OVERNIGHT SOAKING OF THE PEAS

SERVES
**6 TO 8**
AGRICULTURAL
SOUTH

**TWO AFRICAN AMERICAN** staples, the cowpea, a general term that includes black-eyed peas, crowder peas, and more, and dark green, leafy collard greens, are combined in this old-school recipe. Serve this warming soup when the chilly autumn air begins to blow.

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### CHEF'S NOTE

For those who don't eat pork, smoked turkey wings can be substituted for the ham hocks.

**2 cups dried cowpeas**

**¼ cup canola oil**

**1 pound smoked ham hock**

**1 cup yellow onion, finely chopped**

**3 garlic cloves, finely chopped**

**2 celery stalks, finely diced**

**2 leeks, white and light green parts, well washed and thinly sliced**

**2 carrots, peeled and finely diced**

**¼ teaspoon smoked paprika**

**6 cups Chicken Stock**

**2 bay leaves**

**1½ teaspoons sea salt**

**¾ teaspoon freshly ground black pepper**

**⅛ teaspoon cayenne pepper**

**2 bunches collard greens, stems and ribs removed, cut into ¼-inch-wide ribbons, and well washed (see Collards & Potlikker)**

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THE NIGHT BEFORE

**Sort through the cowpeas** to remove any debris and stones. Place the cowpeas in a colander and rinse under cold water. Transfer to a large soup pot and cover with cold water. The water level should reach at least 2 inches above the cowpeas. Leave to soak overnight.

THE NEXT DAY

**Drain the cowpeas,** rinse with cold water, and set aside.

**In the large soup pot,** heat the canola oil. Add the ham hock and brown it on all sides. Then add the onion and garlic and cook until translucent, about 5 minutes. Add the celery, leeks, carrots, and paprika and cook for 5 more minutes.

**Add the Chicken Stock,** cowpeas, bay leaves, salt, pepper, and cayenne and simmer for about 45 minutes, until the cowpeas are tender. Then add the collards and simmer for another 20 minutes, until the collards are tender.

**Remove the ham hock,** peel off the skin, and remove the meat from the bones. Chop the meat, return it to the pot, and heat through before serving.



Son-of-a-Gun Stew

# SON-OF-A-GUN

## STEW

SERVES
**4 to 6**

ACTIVE TIME
**50 MINS**

**WESTERN RANGE**

TOTAL TIME
**2 HRS 50 MINS**

**IT IS OFTEN FORGOTTEN THAT A** significant number of American cowboys were African American and that some of them became camp cooks. Originally, this stew was a special treat that was only prepared after an animal had been slaughtered. Brain, neck, liver, and onions, the latter known as “skunk eggs” on the trail, went into the pot. The Café’s homage is less exotic and uses only beef short ribs.

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**CHEF’S NOTE**

Ask a butcher to fully trim the short ribs of excess fat and cut them into 2- to 3-inch pieces to ensure generous portions. Veal Stock is important to achieve the desired result, but if unavailable, substitute store-bought low-sodium beef broth.

**4 pounds boneless beef short ribs, cut into 2- to 3-inch pieces**

**Salt**

**Freshly ground black pepper**

**½ cup all-purpose flour**

**2 tablespoons olive oil**

**4 tablespoons butter**

**1 large yellow onion, cut into large dice**

**1 carrot, peeled and cut into large dice**

**2 celery stalks, cut into large dice**

**2 tablespoons tomato paste**

**¾ cup red wine, preferably Cabernet**

**6 cups Veal Stock or low-sodium beef broth**

**2 bay leaves**

**2 turnips, peeled and cut into large dice**

**2 Yukon Gold potatoes, peeled and cut into large dice**

**1 cup fresh corn kernels (from 1 to 2 ears)**

**½ cup oil-packed sun-dried tomatoes, drained and roughly chopped**

**¾ cup cooked pearl barley**

**1 tablespoon fresh thyme leaves**

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**Preheat the oven** to 350°F.

**Place the short ribs** on a baking sheet and season all sides with salt and pepper. Then dust the ribs with the flour until they are well coated.

**Warm the olive oil** and butter in a large, heavy, deep ovenproof pan over medium-high heat. Add the short ribs and brown on all sides. Remove the ribs from the pan and reserve.

**Add the onion,** carrot, and celery to the same pan and cook over medium heat until well caramelized, about 10 minutes. Add the tomato paste and cook for another 3 minutes, stirring often, until a rich color and aroma have developed. Add the red wine, bring it to a simmer, and cook until the liquid is reduced by half. Return the ribs to the pan and simmer for 2 more minutes.

**Now add the Veal Stock** and bay leaves and bring back to a simmer. Cover, transfer to the oven, and bake until the short ribs are tender, about 1 hour and 20 minutes. Using a slotted spoon, transfer the ribs to a casserole. Leave the oven on. Strain the braising liquid through a fine-mesh strainer into a saucepan. Bring to a simmer and cook for about 20 minutes, until reduced to a sauce consistency. Throughout the simmering, skim off the excess fat.

**While the sauce is simmering,** cook the turnips and potatoes in boiling salted water for 5 minutes. At that point they should be about three-quarters cooked. Remove them from the heat.

**Add the corn,** sun-dried tomatoes, potatoes, turnips, and barley

to the ribs in the casserole. Top with the finished sauce and thyme. Cover and bake in the 350°F oven for 20 minutes, until the vegetables are tender, then serve.

# BRUNSWICK STEW

| SERVES | ACTIVE TIME | TOTAL TIME |
| --- | --- | --- |
| 8 | 45 MINS | 2 HRS 15 MINS |

AGRICULTURAL SOUTH

**BRUNSWICK STEW, A RICH,** soupy tomato-based stew claimed by both Georgia and Virginia, seems to have originated as a hunter's dish. The Virginia variant is more chicken based, and the Georgia recipe puts the accent on rabbit. In truth, any number of small mammals might make an appearance, including squirrel and possum. The Café's version uses chicken and rabbit. If rabbit is difficult to obtain, double the quantity of chicken thighs. Serve the stew with hot corn bread.

**8 chicken thighs (about 2½ pounds)**
**1 whole rabbit (2½ to 3 pounds)**
**1 tablespoon kosher salt**
**1 teaspoon freshly ground black pepper**
**6 bacon slices, finely chopped**
**4 tablespoons unsalted butter, divided**
**1 yellow onion, finely diced**
**½ cup crushed tomatoes**
**2 bay leaves**
**1 fresh thyme sprig**
**4 cups Chicken Stock**
**1 pound Yukon Gold potatoes, peeled and diced**
**1½ cups fresh corn kernels (from about 2 ears)**

**1 cup fresh or frozen baby lima beans**

**½ teaspoon sugar**

**¼ teaspoon cayenne pepper**

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**Remove the visible fat** and the skin from the chicken thighs. Leave the thighbones in place, as they will help impart a rich flavor.

**Cut the rabbit** into four large sections. Place the chicken thighs and rabbit pieces on a baking sheet and season all sides with the salt and pepper.

**Heat a large, heavy soup pot** or Dutch oven over medium heat. Add the bacon and 2 tablespoons of the butter to the pot and begin to cook. Once the bacon is lightly browned, add the rabbit and chicken and brown on all sides. As the pieces are browned, transfer them to a platter.

**In the same pot,** cook the onion in the bacon drippings over medium heat until translucent, 3 to 5 minutes. Add the tomatoes, bay leaves, thyme, and Chicken Stock and bring to a simmer. While the liquid is heating, loosen and stir the brown drippings that may be stuck to the bottom of the pot. These morsels will add a lot of flavor to the stew.

**Add the rabbit,** chicken, and potatoes to the pot and simmer for 40 minutes, until the potatoes begin to fall apart. Then remove the chicken and rabbit and let cool while the liquid continues to simmer. Remove and discard the chicken and rabbit bones, then shred the meat by hand into smaller pieces. Return the meat to the pot and simmer for another 40 minutes. As the stew continues to cook, the potatoes will gradually thicken the liquid.

**Add the corn** and lima beans and season with the sugar and cayenne. Simmer for another 10 minutes to blend the flavors. Just prior to serving, remove the bay leaves and thyme and stir in the remaining 2 tablespoons butter.

"SMOKING HOT"

# OXTAIL PEPPER POT



| ACTIVE TIME | SERVES | |
|---|---|---|
| 45 MINS | 4 to 6 | |
| TOTAL TIME | CULINARY COUSINE | |
| 5 HRS 45 MINS | | |

**THIS GUYANESE CLASSIC IS** traditionally eaten on Christmas Day. Cassareep, an essential ingredient, is a molasses-like syrup made from cassava root juice. It not only gives the pepper pot its characteristic taste but also acts as a preservative, allowing the stew to cook slowly for weeks if not months. Some pepper pots are reputed to have spent decades developing flavor on the back of a stove. Pepper pot was also popular in nineteenth-century Philadelphia, where it was called Philadelphia gumbo and sold on the city streets by women of West Indian origin.

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**CHEF'S NOTE**

Cassareep and wiri wiri peppers, which are cherry-like in appearance, can be found in Caribbean markets or online. You may need to preorder oxtails and calf's feet from your local butcher.

**2½ pounds oxtails (thick wide part from base of tail; ask your butcher to cut into 2½- to 3-inch sections)**

**1½ pounds boneless beef chuck, cut into 2-inch cubes**

**2 tablespoons kosher salt**

**1½ teaspoons freshly ground black pepper**

**½ cup packed light brown sugar, divided**

**1 cup cassareep, divided**

**3 tablespoons vegetable oil**

**1 cup yellow onion, finely chopped**

**8 garlic cloves, finely chopped**

**2½ pounds calf's feet (ask your butcher to cut into 2-inch sections)**

**6 cinnamon sticks**

**2 teaspoons whole cloves**

**3 wiri wiri peppers, or 2 Scotch bonnet or habanero peppers**

**5 to 6 cups cold water, plus more if needed**

**4 fresh thyme sprigs**

**3 bay leaves**

**Steamed white rice, for serving**

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**Spread the oxtails** and chuck on a baking sheet. Season the meat on all sides with the salt, pepper, ¼ cup of the brown sugar, and ¼ cup of the cassareep. Mix well and marinate at room temperature for 1 to 2 hours.

**In a large stockpot,** heat the vegetable oil over medium heat. Add the chuck and brown well on all sides. Transfer the browned pieces to a plate. Add the oxtails and brown well on all sides. Transfer the oxtails to a separate plate.

**Add the onion** and garlic to the stockpot and cook over medium heat until translucent, about 5 minutes. Add the browned oxtails, calf's feet, cinnamon sticks, cloves, and wiri wiri peppers to the pot. Add the water just to cover. Bring to a full boil and cook for 5 minutes, skimming off excess fat and froth. Reduce to a simmer, add 6 tablespoons of the remaining cassareep, and cook (skimming regularly) for about 1½ hours.

**At this point the oxtails** should be partially tender. Add the browned chuck, the remaining 6 tablespoons cassareep, thyme, and bay leaves and cook for another 1½ hours. During the cooking

process, the water will reduce and the cassareep will thicken to a rich consistency. If at any point the stew is looking dry, add just enough additional water to keep it moist (½ cup at a time).

**Once all the meat is tender** and beginning to fall from the bones, carefully remove the meat and transfer to a serving platter. Cover with plastic wrap and keep warm. Remove the peppers and make two small incisions in them to release more heat, then return the peppers to the pot along with the remaining ¼ cup of brown sugar. Stir and briefly reduce to a rich sauce consistency, adjusting the seasoning with salt and pepper if needed.

**Generously ladle the sauce** over the oxtails and meat. Serve with rice.

# PEANUTS

Peanuts were long thought to have originated on the African continent; they did not. They arrived there early on from South America through European trade, largely replacing the native Bambara groundnut, a similar legume. They returned to the northern part of the hemisphere with the slave trade, were fed to enslaved Africans on the Middle Passage, and, because of their triangular journey, were mistakenly believed by Americans to have been native to Africa. The terms *goober* or *goober peas*, from the Lingala *nguba*, point to the strength of the perceived African connection.

Peanut soups and dishes using ground peanuts abound on the western part of the African continent. In the United States and throughout the Americas, enslaved Africans and their descendants continued to use peanuts, especially in soups and confections. A peanut soup appears in one of the country's earliest cookbooks, and peanut patties have found their way into more than one school lunch box.

George Washington Carver, who oversaw the agricultural department at Tuskegee Institute, is best known for his peanut research. He did not, as many believe, invent peanut butter, but he did come up with more than three hundred uses for the legume, including more than one hundred ways to prepare it as food. Anyone who has ever sung "Goober Peas" at a Scout campfire has unknowingly acknowledged the journey of this most versatile legume from South America to Africa and back to the Americas.



A man selling roasted peanuts in Washington, DC, 1972–75. Photograph by Milton Williams.

Postcard of a praline seller in New Orleans, Louisiana, ca. 1910.



**CLASSIC PEANUT BRITTLE**

SENEGALESE

# PEANUT SOUP

VEGETARIAN

40 MINS
PREP

4 TO 6
SERVINGS

SPECIAL

TOTAL TIME
1 HR

**THIS SOUP, BASED ON A** popular peanut stew called *mafé*, probably gets its name from the fact that Senegal was the hub of the international peanut trade during the colonial period. During the last half of the nineteenth century, the French taxed Senegalese farmers, whose only means of paying was to grow peanuts, for which they received cash. All farmers were therefore encouraged to use part of their land to grow peanuts. Veritable mountains of peanuts were being shipped from West Africa to France for processing into soap, wax, and fodder. This rich curry-scented soup is a reminder of that trade in a soup bowl.

**2 tablespoons peanut oil**

**1 cup yellow onion, finely chopped**

**1 tablespoon peeled fresh ginger, finely grated**

**2 garlic cloves, finely chopped**

**1 cup coarsely chopped skinless raw peanuts, plus 2 tablespoons chopped, for garnish**

**1 tablespoon curry powder**

**1 tablespoon tomato paste**

**1 jalapeño pepper, seeded and finely minced**

**6 cups Vegetable Stock**

**2 sweet potatoes, peeled and diced**

**½ cup crushed tomatoes**

**1½ teaspoons kosher salt**

**2 bay leaves**

**¾ cup coconut milk**

**⅓ cup organic creamy peanut butter**

**Freshly ground black pepper**

**½ cup fresh cilantro leaves, for garnish**

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**Pour the peanut oil** into a large soup pot and heat over medium-low heat. Then add the onion, ginger, and garlic and cook until translucent, about 5 minutes. Add the peanuts and cook for another 3 minutes.

**Add the curry powder,** tomato paste, and jalapeño and cook over medium-low heat, stirring constantly, unitil the tomato paste has lightly caramelized, 3 to 4 minutes.

**Now add the Vegetable Stock,** sweet potatoes, crushed tomatoes, salt, and bay leaves and simmer uncovered for 20 minutes, until the potatoes are tender.

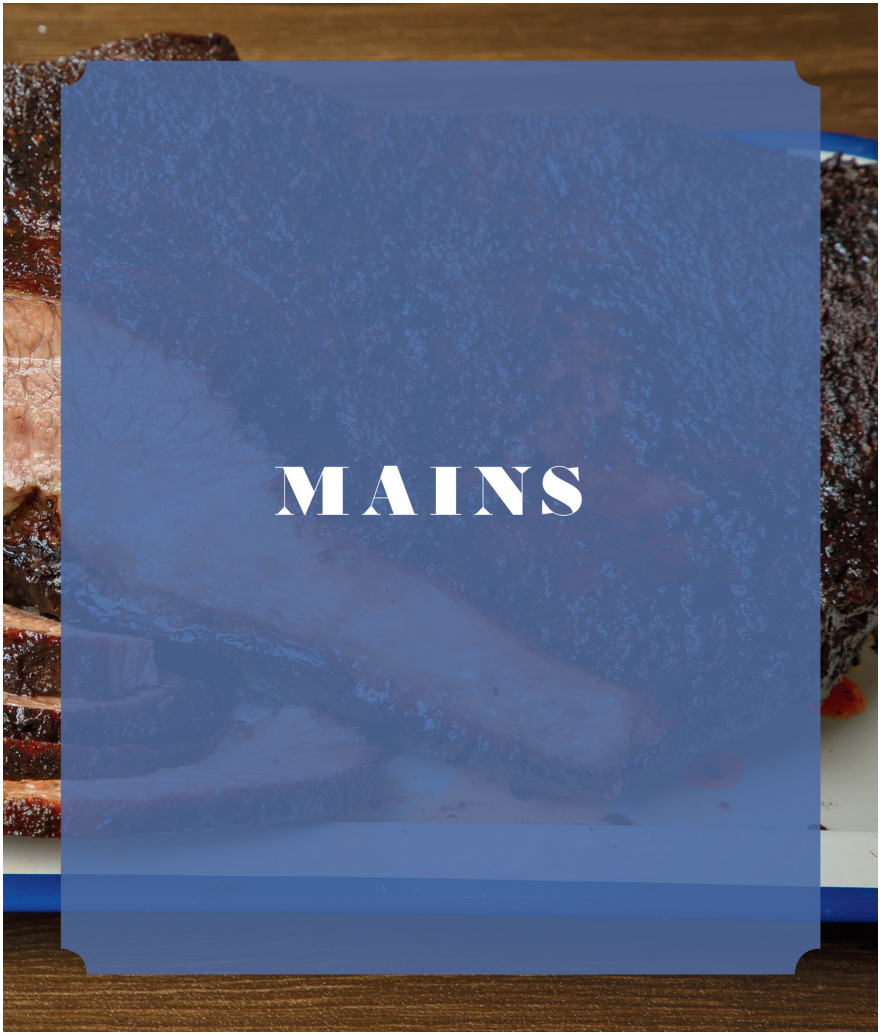
**Remove 1½ cups of the soup** (making sure to include broth, sweet potatoes, and other vegetables) and process in a blender until smooth. Return the pureed soup to the pot and bring to a simmer.

**Add the coconut milk** and cook for 5 minutes. Reduce the heat to the lowest setting and stir in the peanut butter until fully incorporated. Adjust the seasoning with salt and pepper to taste.

**Just before serving,** garnish with the cilantro leaves and chopped peanuts.



Barbecued Beef Brisket Sandwich




Barbecued Beef Brisket Sandwich

# MAINS

**Feature: Agricultural South**

Thomas Downing's NYC Oyster Pan Roast

Maryland Crab Cakes

Shrimp & Grits

**Feature: Oysters**

Catfish Po'boy

Whole Grilled Snapper with Creole Sauce

Codfish Cakes

Pan-Roasted Rainbow Trout

Salmon Croquettes

Fried Croaker with Sweet Onion & Corn Hush Puppies

Smothered Turkey Grillades with Fried Apples

Vietnamese Spiced Chicken Wings

Chicken Livers & Grits with Ham & Tomato Gravy

Jamaican Jerk Chicken

Buttermilk Fried Chicken

Hot Fried Chicken & Waffles

**Feature: Barbecue**

Hickory-Smoked Barbecued Chicken

Barbecued Beef Brisket Sandwich

Hickory-Smoked Pork Shoulder

Bacon-Wrapped Pan-Roasted Pork Chops

Sticky Pork Ribs

Curried Goat

Limpin' Susan

Trini Doubles

Black-Eyed Pea, Golden Corn, & Chanterelle Empanadas



**BLACK-EYED PEA, GOLDEN CORN & CHANTERELLE EMPANADAS**



*Mr. Moore's Bar-b-que, 125th Street*, 1976; printed 2005. From the series *Harlem, USA*. Photograph by Dawoud Bey.



**MARYLAND CRAB CAKES**

*Leah Stirring, Red Coat (Sketch)*, 2010. Created by Gustave Blanche III.



Patti LaBelle and two men holding crabs in Washington, DC, 1978. Photograph by Milton Williams.




Flyer advertising Sneed's Restaurant in Baltimore, Maryland, 1940s.



## AGRICULTURAL SOUTH

**This is the classic South of fried chicken and collard greens, corn bread, butter beans, and chopped barbecue sandwiches. But this is also the main region of enslavement and sharecropping, where deprivation and hardscrabble living led people to create well-seasoned meals out of ingenuity and scraps from others' tables. Although all African American food did not originate in the Agricultural South, this area holds a special place at the African American table.**

It is the region where African Americans first attained respect as the chefs of the Founding Fathers, among them Hercules, George Washington's enslaved chef, and James Hemings, whose skills were so prized by Thomas Jefferson that Hemings was taken to France for further instruction.

It is equally the region that has been culinarily stereotyped by the figures of Aunt Jemima, Uncle Ben, and Rastus. All three entities were created by national brands using either actual African Americans or invented characters exemplifying real or imagined African American culinary excellence to their own end.

Here, enslaved farmers grew crops such as okra and black-eyed peas that connected them to their African origins. When allowed, they sold their harvests at venues such as the slave-run Sunday morning market in Alexandria, Virginia.

In the late 1800s, Gordonsville, Virginia, became the "Fried Chicken Capital of the World," thanks to its confluence of railroad lines and trade avenues and to a group of inventive African American women who seized a business opportunity and began bringing fried chicken to sell to the passengers on the trains. They called themselves waiter carriers and created personal wealth from the chicken and other items they sold in

the days before dining-car train travel.

The Agricultural South was also home to George Washington Carver, whose work at Tuskegee Institute with sweet potatoes, peanuts, black-eyed peas, and more created agricultural benchmarks that still resonate today.

It is only fitting that twentieth-century culinary icon “Miss Edna” Lewis came from Freetown, Virginia, because her emphasis on fresh, local, seasonal foods was inextricably entwined with the rural love of land and what it can produce. Her achievements as both a chef and an author played a large part in putting the classic flavors of the Agricultural South on the national map.

Finally, it was at a lunch counter in Greensboro, North Carolina, on February 1, 1960, that one of the first civil rights sit-ins occurred. Within a few days, hundreds of protesters had joined the four young men who had initiated it, paralyzing the lunch counter and other local businesses. In less than two months, the movement had spread to more than a dozen states—a courageous wave of action that bound together food and the battle for civil rights as African Americans struggled to find a literal and metaphorical place at the American table.



Biscuits, the test of a true Southern baker, 2000.



**BUTTERMILK FRIED CHICKEN**






A family at picnic table in Greenville, Mississippi, 1950s–1960s. Photograph by Rev. Henry Clay Anderson.

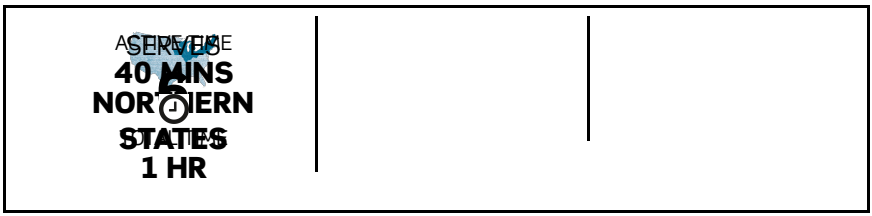


Thomas Downing's NYC Oyster Pan Roast

THOMAS DOWNING'S

# NYC OYSTER PAN ROAST






**IN NINETEENTH-CENTURY** America, New York was the country's oyster-eating capital, but the bivalves were consumed with gusto in most coastal cities by all segments of the population and sold everywhere from street stalls to oyster refectories. African Americans were among the legendary oystermen and none was more famous than Thomas Downing, who made a fortune using his knowledge of oyster culture, ending up as one of the city's best-known restaurateurs. Unbeknownst to his fancy clients dining upstairs, the premises was a stop on the Underground Railroad.

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**CHEF'S NOTE**

The Café uses Blue Point oysters because their large size makes a more generous portion in a pan roast. If they are not available, such northern oysters as Narragansetts or Pemaquids are excellent alternatives.

**36 fresh oysters, preferably Blue Point**

**3½ tablespoons unsalted butter, at room temperature, divided**

**1 shallot, finely diced**

**⅓ cup white wine, preferably Chablis**

**3 tablespoons chili sauce**

**1 teaspoon Worcestershire sauce**

**1 cup heavy cream**

**12 baguette slices, cut ½ inch thick**

**¼ teaspoon Tabasco sauce**

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**Shuck the oysters,** being careful to reserve the liquor. Put the oysters in a medium bowl. Strain the liquor through a fine-mesh strainer into a cup measure. You should have about 1 cup liquor.

**Preheat the oven** to 375°F.

**In a stainless steel saucepan,** heat 1 tablespoon of the butter over gentle heat. Add the shallot and cook until tender and translucent, about 2 to 3 minutes, being careful not to let it brown. Then add the white wine and simmer until the liquid has reduced by half.

**Once the wine is reduced,** add the cup of oyster liquor, return to a simmer, and cook for an additional minute. Next add the chili sauce, Worcestershire sauce, and cream and simmer for an additional 2 minutes, until the volume is again reduced by half.

**While the cream mixture** is cooking, begin to make the baguette crisps. Using 1½ tablespoons of the butter, brush the baguette slices on both sides, arrange on a baking sheet, and toast in the oven until golden brown, about 3 minutes.

**After the cream** has reduced and slightly thickened, add the oysters. Over a gentle simmer, poach them for no longer than 2 minutes, taking care not to overcook them. They should appear slightly ruffled and lightly plumped.

**Season the pan roast** with the Tabasco sauce and the remaining 1 tablespoon butter. Mix well until fully incorporated. Divide the oysters evenly among individual bowls, ladle the chili cream over them, and serve with baguette toasts.



Maryland Crab Cakes

MARYLAND

# CRAB CAKES



MAKES
**10**
ACTIVE TIME
**40 MINS**
AGRICULTURAL
SOUTH
TOTAL TIME
**1 HR 45 MINS**

**THE MARYLAND CRAB CAKE** is a version of a fish cake that is particular to the Chesapeake area. Baltimore boasts two different types, both made from Maryland blue crab. One is lightly breaded, deep-fried, and may have a filler of some sort, and is often served with saltine crackers or on a hamburger bun. The version served at the Café is prepared from all lump crabmeat and is sautéed in butter.

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**CHEF'S NOTE**

True Blue crabs are certified Maryland crabs harvested in the waters of the Chesapeake. If True Blue crabmeat is not available, substitute Gulf crabmeat to avoid frozen, pasteurized, or imported crabmeat. These cakes can also be made smaller for serving as party hors d'oeuvres.

**2 pounds jumbo lump crabmeat, preferably True Blue certified crab**

**2 large egg yolks**

**1½ tablespoons mayonnaise, homemade or Duke's**

**2 teaspoons Dijon mustard**

**1 tablespoon Old Bay seasoning**

**2 teaspoons freshly squeezed lemon juice**

**1 dash Tabasco sauce**
**1 dash Worcestershire sauce**
**½ teaspoon sea salt**
**½ teaspoon cayenne pepper**
**1½ cups plain bread crumbs**
**½ cup vegetable oil**
**2 tablespoons unsalted butter**
**Lemon wedges, for serving**

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**Pick through the crabmeat** to remove any bits of shell. Be careful not to break up the lumps of crab too much. Place the meat in a large bowl and set aside.

**In a small bowl,** combine the egg yolks, mayonnaise, mustard, Old Bay seasoning, lemon juice, Tabasco sauce, Worcestershire sauce, salt, and cayenne, whisking until well blended. Spoon the mixture over the crabmeat and gently blend until the meat is coated, being careful not to break it up too much. Gently form the crab mixture into 12 three-ounce puck-shaped cakes.

**Spread out the bread crumbs** on a large plate. Lightly coat the crab cakes with the crumbs. Transfer the cakes to a platter and cover with plastic wrap. Chill the crab cakes in the refrigerator for at least 1 hour before cooking.

**In a large nonstick skillet,** heat the oil and butter over medium heat. When hot, working in batches to avoid crowding, add the crab cakes to the pan and cook, turning once, until golden brown, about 4 minutes on each side. Serve hot with lemon wedges.





Shrimp & Grits

# SHRIMP & GRITS

SERVES

ACTIVE TIME
**1 HR 30 MINS**
**CREOLE COAST**
TOTAL TIME
**1 DAY**
PLUS OVERNIGHT SOAKING
OF THE GRITS

**THE SHRIMP VENDOR WAS** a familiar sight on the streets of Charleston in the early twentieth century. One of the dishes that cooks might have prepared with their purchase is shrimp and grits, a Low Country natural that combined the abundant local shrimp with grits, a southern staple. For authenticity, use stone-ground grits; quick-cooking grits will not do.

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**CHEF'S NOTE**

If they are available, buy shell-on local shrimp for the best flavor. Peeling and deveining them is a messy job, but if the fishmonger won't do it, you must.

**GRITS**

**2½ cups artisanal stone-ground grits (coarse ground, yellow or white)**

**8 cups cold water**

**1 teaspoon kosher salt**

**½ cup half-and-half**

**2 tablespoons unsalted butter**

**SHRIMP**

**30 U15 Gulf shrimp (about 2 pounds), peeled and deveined**

**1 teaspoon sea salt**

**Freshly ground black pepper**

**1 tablespoon olive oil**

**3 ounces tasso ham or high-quality thick-sliced bacon, finely diced**

**2 leeks, white part only, well washed and cut into ½-inch-thick rounds**

**3 large tomatoes, peeled, seeded, and diced**

**3 tablespoons butter, cut into small pieces**

**1 pinch cayenne pepper**

**2 tablespoon fresh chives, finely snipped, for garnish**

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## TO MAKE THE GRITS

THE NIGHT BEFORE

**Pour the grits** into a large bowl and cover with the water. Briefly stir, then allow to rest for about 10 minutes. During this time some corn hulls might rise to the top; if so, skim them off using a slotted spoon. Transfer the grits to the refrigerator and allow them to soak overnight.

THE NEXT DAY

**Transfer the grits** and water to a pot large enough to accommodate the expansion of the grits during cooking. Add the salt and place over high heat, stirring continuously until the grits reach a boil. Then reduce the heat to the lowest setting and gently cook, covered, for 1 hour. Stir every 9 or 10 minutes to prevent scorching.

**After an hour of cooking,** the grits should be done. Taste them to determine whether they are cooked; they should be creamy and tender to the tooth.

**In a small saucepan,** bring the half-and-half to a quick boil and immediately remove it from the heat. Finish the grits with the butter and half-and-half. Taste and adjust the seasoning with salt if needed.

### TO MAKE THE SHRIMP

**Preheat a large nonstick sauté pan** over medium heat.

**While the pan heats,** season the shrimp on both sides with the salt and pepper. Set aside.

**Add the olive oil** and ham to the hot pan and cook the ham until well browned and lightly crispy, about 3 to 4 minutes. Remove with a slotted spoon and transfer to a dish. Set aside.

**To the same pan,** add the leeks and quickly sauté over medium heat until golden and caramelized, about 4 minutes. Remove with a slotted spoon and transfer to a separate dish. Set aside.

**Increase the heat** to high, add the shrimp and crispy ham, and cook the shrimp on one side for 1½ minutes. Then turn the shrimp over, add the leeks and tomatoes, and sauté for 2 minutes longer, until the shrimp are pink and their flesh is opaque.

**Remove the pan** from the heat. Add the butter to the pan and swirl until the butter incorporates with the pan juices to form a sauce. Adjust the seasoning with salt, pepper, and cayenne.

### TO SERVE THE SHRIMP AND GRITS

**Portion out the grits** into individual bowls and plates. Divide the shrimp and place on top of the grits. Spoon an equal amount of the leeks, tomatoes, ham, and sauce over each serving. Granish with the chives.

# OYSTERS

The name “oyster” is given to a number of saltwater mollusks that grow in multiple coastal habitats around the country. Plentiful in the early nineteenth century, oysters were a truly democratic food, consumed with gusto by all segments of society. The black oystermen of the Middle Atlantic and the North generated considerable wealth by using their knowledge of oysters as a building block of entrepreneurship. By 1810, sixteen of the twenty-seven oystermen listed in the New York City directory were people of color.

No oysterman was more famous than Thomas Downing, the son of free people of color from the Virginia shore. He arrived in New York in 1819, realized that his understanding of oyster culture was a salable talent, established his own oyster beds, and built a business that at its height included one of the city’s most elegant establishments, serving notables such as Charles Dickens and the Earl of Carlisle.

Although most oystermen were not as financially successful as Downing, they were all inventive and creative. In New Orleans, oyster shuckers learned early on that a gift of gab would earn larger tips, and they would talk, or “jive,” with their patrons while working, giving rise to the phrase *shuckin’ and jivin’* that lives on today.



*Ed Atkins walking along the oyster beds*, Saint Helena Island,

SC. Photograph by Pete Marovich.




Oyster cans used by Maryland oyster-packing companies, late twentieth century.

## CATFISH

# PO'BOY

| ACTIVE TIME | SERVES | |
|---|---|---|
| **45 MINS** | **2** | |
| **CREOLE COAST** | | |
| TOTAL TIME | | |
| **1 HR** | | |

**A NEW ORLEANS VARIATION ON** the hero sandwich, a po'boy can be prepared with meat (usually roast beef), hot sausage, fried chicken, or seafood of some sort and is traditionally served on Leidenheimer bread, a crusty, soft French-style loaf. Fried seafood versions often come "dressed" with lettuce, tomato, pickles, and mayonnaise. The origin of the name "po'boy" is hotly debated. The sandwich was already on the scene in the late 1800s, but in those days it was known as an oyster loaf. Some historians believe the term *po'boy* originated during the city's 1929 streetcar strike, when the sandwiches were eaten by the "poor boys" on the picket lines. Whatever the origin of the term, these sandwiches are a New Orleans staple, and the best can be sampled at the annual Oak Street Po-Boy Festival held in November.

### RED PEPPER REMOULADE

**1 cup mayonnaise, preferably Duke's**
**¼ cup Dijon mustard**
**1 tablespoon cider vinegar**
**1½ tablespoons prepared horseradish**
**1 shallot, finely diced**
**¼ cup roasted red pepper, chopped into a paste**
**1 teaspoon freshly squeezed lemon juice**
**1 teaspoon Tabasco sauce**

**½ teaspoon smoked paprika**

**½ teaspoon kosher salt**

**1 tablespoon fresh flat-leaf parsley, chopped**

### PO'BOYS

**6 catfish fillets (about 5 ounces each)**

**3 tablespoons Creole Spice Blend**

**1 large egg**

**1½ cups buttermilk, preferably full fat**

**½ cup all-purpose flour**

**1½ cups cornmeal, preferably stone-ground**

**½ teaspoon kosher salt**

**1 cup peanut or vegetable oil, for frying**

**6 (6-inch) hoagie rolls, split**

**2 tablespoons unsalted butter, at room temperature**

**1 cup romaine lettuce, shredded**

**12 slices vine-ripened tomato**

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### TO MAKE THE RED PEPPER REMOULADE

**Combine all the remoulade ingredients** in a medium bowl, whisking until well blended. Cover and chill. It will keep for up to 3 days.

### TO MAKE THE PO'BOYS

**Season the catfish fillets on both sides** with the Creole Spice Blend. Set aside to marinate for 15 minutes.

**In a small bowl,** whisk together the egg and buttermilk until blended. In a pie plate, mix together the flour, cornmeal, and salt. Dip each catfish fillet into the buttermilk wash to coat well on both sides, draining off the excess. Dredge the fillets in the cornmeal mix to coat both sides, then lay on a wire rack set over a baking sheet while the oil heats.

**Pour the oil** into a large cast iron skillet and heat over medium-high heat. Working in batches if needed to avoid crowding, fry the

catfish for about 3 minutes on each side, or until golden brown and the flesh is opaque and flakes. Using a slotted spatula, transfer the fillets to a platter lined with paper towels. Pour out the oil, wipe the pan clean, and place over low heat.

**Brush the cut sides** of the rolls with the butter. Place the rolls, cut side down, in the skillet until lightly toasted. On each roll, layer 1 fried fillet, some lettuce, 2 tomato slices, and a dollop of Red Pepper Remoulade.

WHOLE

# GRILLED SNAPPER

## WITH CREOLE SAUCE



| | | |
|---|---|---|
| ACTIVE TIME<br>**30 MINS**<br>TOTAL TIME<br>**1 HR** | SERVES<br>**4 TO 6** | CREOLE COAST |

**THE TERM *CREOLE* IS USUALLY** applied when foods are accompanied with a tomato sauce rich with the Creole culinary holy trinity of bell pepper, onion, and celery. Variations on the sauce appear in New Orleans, the Bahamas, and in the Caribbean. Here, it accompanies a red snapper that is grilled whole.

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**CHEF'S NOTE**

This snapper cooked on the bone is especially well suited to family-style dining. The fish can also be roasted in a 400°F oven for 15 minutes.

**1 (5-pound) red snapper, scaled, gutted, and gills removed**
**4 tablespoons unsalted butter, divided**
**1 tablespoon olive oil, plus more for brushing the fish**
**⅓ cup yellow onion, finely chopped**
**2 garlic cloves, finely chopped**
**¾ cup green bell pepper, finely diced**

**½ cup scallions, white and green parts, sliced**
**⅔ cup celery, finely diced**
**½ teaspoon smoked paprika**
**1 tablespoon tomato paste**
**1 tablespoon all-purpose flour**
**1¾ cups Chicken Stock**
**1 (16-ounce) can crushed tomatoes**
**3 bay leaves**
**3 fresh thyme sprigs**
**2 teaspoons Creole Spice Blend**
**2 or 3 dashes Worcestershire sauce**
**1 or 2 dashes hot sauce**
**1 teaspoon kosher salt, plus more for seasoning fish**
**Freshly ground black pepper**
**Carolina Gold Rice Pilaf for serving**

---

**Rinse the fish under cold water.** Pat it dry inside and out with a paper towel and transfer to a baking sheet. With a sharp knife, make four evenly spaced fine incisions into the skin of the fish on both sides (do not cut into the flesh). Refrigerate the fish while preparing the sauce.

**In a large saucepan,** heat 1 tablespoon of the butter and the oil over medium heat. Add the onion and garlic and cook until translucent, about 5 minutes. Add the bell pepper, scallions, and celery and cook for 4 minutes, stirring occasionally. Then add the paprika and tomato paste and cook, stirring, for 3 minutes. Add in the flour and cook, stirring, for 3 minutes.

**Add the Chicken Stock,** crushed tomatoes, bay leaves, and thyme and bring to a simmer. Add the Creole Spice Blend, Worcestershire sauce, hot sauce, salt, and pepper to taste. Cook for 30 more minutes.

**While the sauce is cooking,** prepare a medium fire in a charcoal or gas grill. Generously season the fish on both sides as well as

inside the cavity with salt and pepper. Brush the skin on both sides with a light coating of olive oil.

**Place the fish on the grill** and close the cover. Grill for 7 minutes. Using two large grill spatulas and taking care not to break its skin, carefully turn the fish over and cook for another 7 to 8 minutes, until the flesh is opaque and flakes. Transfer the fish to a large serving platter.

**Just prior to serving,** whisk the remaining 3 tablespoons butter into the sauce and adjust the seasoning if needed. Generously ladle the sauce over the fish, reserving sauce for the table. Serve with Carolina Gold Rice Pilaf.

# CODFISH CAKES

ACTIVE TIME
**45 MINS**
**NORTHERN STATES**
**1 HR 45 MINS**

**THE COD FISH CAKE IS TO NEW** England what the crab cake is to Maryland. In the past, both were prepared from fresh local seafood that was abundant enough to be inexpensive. Like crab cakes, these cakes can also be made smaller and served as hors d'oeuvres. Both sizes can be accompanied with *gribiche* sauce, a lighter, tastier French version of tartar sauce using cornichons, capers, and hard-boiled egg. If fresh chervil isn't available, fresh flat-leaf parsley makes a good substitute.

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**CHEF'S NOTE**

In Baltimore, cooks make similar codfish cakes bound with mashed potatoes instead of bread crumbs, sandwich them between saltines, dress them with yellow mustard, and call them "coddies."

**COD**

**1½ cups cold water**
**½ lemon, sliced**
**½ teaspoon black peppercorns**
**½ teaspoon sea salt**
**2 bay leaves**
**6 parsley stems**
**1 shallot, thinly sliced**

**1 pound cod fillets**

### CODFISH CAKES

**1 tablespoon butter**
**2 shallots, minced**
**1 celery stalk, finely diced**
**1 garlic clove, finely chopped**
**2 tablespoons mayonnaise, preferably Duke's**
**1 teaspoon whole-grain mustard**
**1 teaspoon Dijon mustard**
**½ teaspoon lemon zest, finely grated**
**2 teaspoons Old Bay seasoning**
**½ teaspoon smoked paprika**
**¼ cup fresh chives, finely snipped**
**⅓ bunch fresh flat-leaf parsley, chopped**
**1 teaspoon sea salt**
**½ teaspoon freshly ground black pepper**
**2 large eggs, beaten**
**1½ cups plain dried bread crumbs, divided**
**½ cup vegetable oil**
**Lemon wedges, for serving**
**Gribiche Sauce, for serving**

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### TO POACH THE COD

**In a medium saucepan,** combine all the ingredients except the cod, bring to a gentle simmer, and simmer for 3 minutes. Add the cod and simmer gently for 7 minutes, until the flesh is opaque and flakes. Using a slotted spatula, transfer the cod to a plate, let cool, and then chill well, 25 to 30 minutes.

### TO MAKE THE COD CAKES

**In a small sauté pan,** melt the butter over medium heat. Add the shallots, celery, and garlic and cook until translucent, about 5 minutes. Transfer to a large bowl and let cool, then add the

mayonnaise, both mustards, lemon zest, Old Bay, paprika, chives, parsley, salt, pepper, eggs, and ½ cup of the bread crumbs and mix well.

**Flake the chilled cod** into the mayonnaise mixture and stir gently to mix well. Form the fish mixture into 10 uniform patties, coat the patties on all sides with the remaining 1 cup bread crumbs, and place on a baking sheet. Refrigerate for 30 minutes.

**In a large skillet,** heat the oil over medium heat. Working in batches to avoid crowding, fry the cakes, turning once, until a golden crust forms, 3 to 4 minutes on each side. Serve hot with the lemon wedges and Gribiche Sauce.



Pan-Roasted Rainbow Trout

PAN-ROASTED

# RAINBOW TROUT

| ACTIVE TIME | SERVES |
| --- | --- |
| 1 HR | 6 |
| WESTERN RANGE | |
| TOTAL TIME | |
| 1 HR 50 MINS | |

**THIS MUSTARD GREENS-STUFFED** rainbow trout makes an impressive main course when presented on a large platter and dressed with hazelnut brown butter sauce. Rice is the perfect accompaniment, as it will soak up any of the excess nutty butter.

**4 tablespoons olive oil, divided, plus more for the baking sheet**

**1 large Vidalia or other sweet onion, thinly sliced**

**2 garlic cloves, chopped into a fine paste**

**1 pound mustard greens, stemmed, washed, and roughly chopped**

**1 cup oil-packed sun-dried tomatoes, drained and chopped**

**2 cups Corn Bread Croutons (see Baby Kale Salad)**

**½ teaspoon kosher salt, plus more for serving**

**Freshly ground black pepper**

**6 (12-ounce) whole trout (ask the fishmonger to prepare the fish as whole, headless, butterflied, and boned)**

### HAZELNUT BROWN BUTTER SAUCE

**8 tablespoons (1 stick) butter**

**½ cup blanched hazelnuts, coarsely chopped**

**Juice of 1 lemon**

**¼ cup chopped fresh sage leaves**

**½ teaspoon kosher salt**

**Freshly ground black pepper**

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**Heat a large skillet** over medium heat. Pour in 2 tablespoons of the olive oil and add the onion. Reduce the temperature to low and slowly caramelize the onion, cooking for 15 to 18 minutes. Add the garlic paste and cook for another 2 minutes.

**Add the mustard greens** and cook until the greens have wilted. Increase the heat to medium, stir in the tomatoes, and cook for 3 to 5 minutes, until the moisture has evaporated. Remove from the heat and transfer the mixture to a medium bowl.

**Fold the croutons** into the mustard green mixture and season with the salt and pepper to taste. Cover and chill in the refrigerator for at least 30 minutes.

**Place the trout on a baking sheet,** unfolding one side of each fish to open it like a book. Lightly season with salt and pepper. Now spoon about 3 tablespoons of the corn bread stuffing into each cavity. Make sure each fish has an even balance of corn bread, greens, tomatoes, and onion. Gently spread the stuffing the full length of the trout fillets; the depth of the stuffing should be about ½ inch. Fold the top half of the fish back over the stuffing. Transfer to the refrigerator to chill for 20 minutes. Preheat the oven to 200°F.

**Add the remaining 2 tablespoons** olive oil to a large nonstick skillet set over high heat. When the oil is hot, add 3 trout and cook for 4 minutes on one side, then carefully flip the fish over and cook the second side for another 4 minutes, until a golden brown crust has formed and the flesh flakes and is opaque. Transfer the fish to a clean, lightly oiled baking sheet and place in the warm oven while the remaining fish cook. Repeat with the trout in 3 more batches, keeping them warm in the oven.

**To make the Hazelnut Brown Butter Sauce,** pour off the oil from the skillet and return the pan to the stovetop. Add the butter and

heat until it is a light golden color, about 2 minutes. Add the hazelnuts and cook until the butter develops a rich golden color, 1 to 2 minutes more. Remove the skillet from the heat and stir in the lemon juice and sage. Season with the salt and pepper to taste.

**Transfer the trout** to the indivdual plates, spoon the Hazelnut Brown Butter Sauce over the top, and serve.

# SALMON

## CROQUETTES



| ACTIVE TIME | MAKES | |
|---|---|---|
| **40 MINS** | **5 DOZEN** | |
| **NORTHERN STATES** | CROQUETTES | |
| **2 HRS** | | |

**CANNED SALMON IS OFTEN A** pantry staple in African American households, and salmon croquettes prepared from it have graced many a dinner table when cooks are too busy to shop. Canned salmon also shows up on the breakfast table, sometimes scrambled into eggs and sometimes as croquettes accompanied by grits.

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### CHEF'S NOTE

Because of their superior taste, the Café uses freshly poached salmon fillets for the croquettes in place of the traditional canned salmon. Be sure to remove any pin bones before poaching the salmon fillet.

### SALMON

**1½ cups cold water**
**½ lemon, sliced**
**½ teaspoon black peppercorns**
**½ teaspoon sea salt**
**2 bay leaves**
**4 dill stems**
**1 shallot, thinly sliced**

**1 pound salmon fillet, skin removed**

### CROQUETTES

**1 tablespoon unsalted butter**
**1 celery stalk, finely diced**
**3 scallions, white and light green parts, thinly sliced**
**1 garlic clove, finely chopped**
**2 tablespoons mayonnaise, preferably Duke's**
**2 teaspoons Dijon mustard**
**1 teaspoon finely grated lemon zest**
**1½ teaspoons Old Bay seasoning**
**¼ cup minced fresh dill leaves**
**1 large egg yolk, beaten, plus 2 large eggs, divided**
**1 teaspoon sea salt**
**½ teaspoon freshly ground black pepper**
**1 cup all-purpose flour**
**1 cup panko bread crumbs**
**½ cup vegetable oil**
**Lemon wedges, for serving**
**Gribiche Sauce, for serving**

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### TO POACH THE SALMON

**In a medium saucepan,** combine the water, lemon, peppercorns, salt, bay leaves, dill, and shallot, bring to a gentle simmer, and simmer for 3 minutes. Add the salmon fillet and simmer gently over low heat for 7 minutes, until the flesh flakes and is opaque. Using a slotted spatula, transfer the salmon to a plate, let cool, and chill well, 25 to 30 minutes.

### TO MAKE THE CROQUETTES

**In a large sauté pan,** melt the butter over medium heat. Add the celery, scallions, and garlic and cook until translucent, about 5 minutes. Transfer to a medium bowl and let cool.

**Add the mayonnaise,** mustard, lemon zest, Old Bay seasoning,

dill, egg yolk, salt, and pepper to the bowl and mix well.

**Flake the chilled salmon** into the mayonnaise mixture and stir gently to mix well. Form the salmon mixture into six uniform cylinder-shaped pieces (about 3 ounces each) and roll each piece in the flour, coating all sides. Place the croquettes on a baking sheet.

**Beat the 2 whole eggs** in a small bowl. Put the bread crumbs in a separate small, shallow bowl.

**Dip a croquette** into the egg to fully coat, then gently remove from the bowl with a fork, draining off the excess egg. Now transfer the croquette to the bread crumbs, fully coat, and place back on the baking sheet. Repeat this process until all the croquettes have been coated. Refrigerate the croquettes for 30 minutes to allow them to firm.

**In a large, heavy-bottomed skillet,** heat the vegetable oil over medium heat. Add the croquettes and fry, turning as needed, for 5 to 6 minutes, until golden brown on all sides.

**Serve hot** with lemon wedges and Gribiche Sauce.

## GRIBICHE SAUCE

| | | |
|---|---|---|
| ACTIVE TIME<br>**10 MINS**<br>**CONTINENTAL**<br>**UNITED STATES**<br>**10 MINS** | MAKES<br>**1½ CUPS** | |

**1 cup mayonnaise, preferably Duke's**
**½ cup fresh chervil, chopped**
**¼ cup fresh chives, snipped**
**1 shallot, finely minced**
**2 hard-boiled eggs, finely chopped**
**6 cornichons, chopped**
**2 teaspoons capers, chopped**
**2 teaspoons Dijon mustard**
**¼ teaspoon cayenne pepper**
**Salt**
**Freshly ground black pepper**

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**Combine the mayonnaise,** chervil, chives, shallot, eggs, cornichons, capers, mustard, and cayenne in a medium mixing bowl, and whisk until well blended. Season with salt and pepper to taste.



Fried Croaker with Sweet Onion & Corn Hush Puppies

# FRIED CROAKER

## WITH SWEET ONION & CORN HUSH PUPPIES

ACTIVE TIME
**30 MINS**
**CREOLE COAST**
TOTAL TIME
**40 MINS**

SERVES
**4**

**THE ATLANTIC CROAKER,** a member of the drum family, is a popular choice for fish fries. It is usually found on the muddy and sandy bottoms of bays from Massachusetts to Mexico and is a frequent catch of recreational fishermen, especially in the Chesapeake area.

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**CHEF'S NOTE**

Whole fish are the traditional way of serving this dish because the result is more flavorful than fillets.

**1½ cups all-purpose flour**

**4 tablespoons Creole Spice Blend**

**½ teaspoon kosher salt, plus more for seasoning fish**

**1 pinch cayenne pepper**

**4 (1-pound) croaker, porgy, spot, or other panfish, heads cut off, scaled, gutted, and gills removed**

**1½ cups vegetable oil, for frying**

**Lemon wedges, for serving**

**Sweet Onion & Corn Hush Puppies with Red Pepper Remoulade, for serving**

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**In a medium baking dish,** mix the flour, Creole Spice Blend, salt, and cayenne until well blended.

**With a few paper towels,** dry the cavities of the fish. Pat the skin dry as well, and season the cavity and exterior of each fish with salt. Dredge the exterior of each fish in the seasoned flour to coat well.

**Pour the vegetable oil** into a large cast iron skillet and heat to 350°F on a deep-frying thermometer (or use a tabletop deep fryer).

**Fry the fish in the hot oil** turning once, until crisp, and the flesh flakes and is opaque, 4 to 5 minutes. Transfer to a platter lined with paper towels to drain off excess oil. Serve hot with lemon wedges, and the Sweet Onion & Corn Hush Puppies with Red Pepper Remoulade.



Smothered Turkey Grillades with Fried Apples

## SMOTHERED

# TURKEY GRILLADES

## WITH FRIED APPLES



SERVES
**4 TO 6**

**50 MINS**
**NORTHERN STATES**
**1 HR 30 MINS**

**A SOUTHERN LOUISIANA FRENCH** term, grillades are medallions of meat smothered in a rich gravy. They are usually prepared from beef or veal and occasionally from pork. New Orleans Creoles often serve them over grits at breakfast or brunch.

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### CHEF'S NOTE

At the Café, grillades are prepared with turkey and served with Johnnycakes and fried apples.

### SAUCE

**1½ teaspoons butter or bacon drippings**
**½ cup yellow onion, finely chopped**
**2 garlic cloves, finely chopped**
**¼ cup green bell pepper, finely diced**
**¼ cup celery, finely diced**
**1½ teaspoons Creole Spice Blend**

**2 teaspoons all-purpose flour**

**2 cups Chicken Stock**

**¼ cup fresh sage, chopped**

**1 teaspoon Worcestershire sauce**

**Salt**

**Freshly ground black pepper**

### FRIED APPLES

**1 tablespoon butter**

**1 large Gala apple, peeled, cored, and cut into wedges (about 1 cup)**

**¼ teaspoon sugar**

**⅛ teaspoon ground cinnamon**

### TURKEY GRILLADES

**2½ pounds boneless turkey breast, cut into thin slices and pounded to ¼ inch thick**

**1 teaspoon kosher salt**

**Freshly ground black pepper**

**¼ cup all-purpose flour**

**1 tablespoon butter**

**1 tablespoon canola oil**

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### TO MAKE THE SAUCE

**Melt the butter** in a medium saucepan over medium-low heat. Add the onion and garlic and cook until lightly golden, 8 to 10 minutes.

**Add the bell pepper** and celery and cook for another 5 minutes. Then add the Creole Spice Blend and flour, stirring well to fully coat the vegetables.

**Pour in the Chicken Stock** and bring to a boil, then reduce the heat and gently simmer for 20 more minutes, until dark golden in color.

### TO MAKE THE FRIED APPLES

**Melt the butter** in a medium skillet over medium heat. Add the apple wedges and sauté until lightly golden, about 6 to 8 minutes. Add the sugar and cinnamon and cook for another 3 minutes, until the apples are lightly caramelized but still firm.

### TO MAKE THE TURKEY GRILLADES

**Preheat the oven** to 350°F.

**Arrange the turkey breast slices** on a work surface and season on both sides with the salt and pepper. Pour the flour into a medium, shallow bowl and dredge the turkey slices in the flour, coating evenly.

**Melt the butter** with canola oil in a large ovenproof skillet over a medium heat. Add the turkey and fry on both sides until a golden crust has formed. Drain off the excess fat. Add the sauce to the skillet and coat the turkey well. Transfer the skillet to the oven and bake for 20 minutes, until the turkey is cooked through.

**When the grillades are cooked,** finish the sauce with the sage and Worcestershire sauce and season to taste with salt and pepper. Spoon the sauce over the grillades and serve with the fried apples.



Vietnamese Spiced Chicken Wings

## VIETNAMESE SPICED

# CHICKEN WINGS

ACTIVE TIME
**45 MINS**
CAFÉ SPECIAL

SERVES
**6 to 8**

TOTAL TIME
**1 DAY**
REFRIGERATE OVERNIGHT

**CREATED FOR A SPECIAL PROMOTION** at the Café, these chicken wings have a decidedly Asian flavor. They owe their unique taste to a heady mix of five-spice powder, lime juice, sambal chili paste, and the *nước mắm* fish sauce.

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**CHEF'S NOTE**

These wings can also be cooked indoors or on a stove top grill pan.

**3 pounds chicken wings, each split into two pieces**
**6 garlic cloves, chopped into a fine paste**
**¼ cup freshly squeezed lime juice**
**½ cup nước mắm fish sauce or other Vietnamese fish sauce**
**¼ cup soy sauce**
**¼ cup packed light brown sugar**
**2 tablespoons Creole mustard, such as Zatarain's**
**1 tablespoon five-spice powder**
**2 lemongrass stalks, white bulb-like sections only, cut into 1-inch slices**
**2 tablespoons vegetable oil**
**2 tablespoons sambal chili paste**

**3 Thai peppers, thinly sliced, for garnish**

**½ cup fresh cilantro leaves, for garnish**

**1 lime, thinly sliced, for garnish**

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THE NIGHT BEFORE

**Put the chicken wings** in a large bowl.

**To make the marinade,** combine the garlic, lime juice, fish sauce, soy sauce, sugar, mustard, five-spice powder, lemongrass, oil, and chili paste in a medium bowl and mix well. Pour the marinade over the chicken wings and mix until evenly coated. Cover tightly with plastic wrap and refrigerate overnight.

THE NEXT DAY

**Preheat a medium** fire in a charcoal or gas grill.

**Drain off and reserve the marinade** from the chicken wings. Place the wings on a baking sheet. Transfer the marinade to a saucepan and bring the mixture to a full boil. Reduce the heat to the lowest setting and keep the sauce warm.

**Place the wings on the grill** and cook them, basting frequently with the marinade. Move the wings around on the grill and turn them over regularly. They will become richly caramelized and lightly charred, but be sure to avoid burning. The wings will be cooked when they have reached an internal temperature of 165°F on an instant-read thermometer, about 18 minutes.

**Transfer to a platter** and garnish with the Thai peppers, cilantro, and lime.



Chicken Livers & Grits with Ham & Tomato Gravy

# CHICKEN LIVERS & GRITS

## WITH HAM & TOMATO GRAVY

ACTIVE TIME
**15 MINS**
**AGRICULTURAL SOUTH**
TOTAL TIME
**1 DAY**
PLUS OVERNIGHT SOAKING OF THE GRITS

SERVES
**5**

**DURING THE PERIOD OF SLAVERY**, the less noble parts (offal) of many animals, such as chicken livers, gizzards, and hearts, typically turned up on African American tables. Here, chicken livers are smothered in a rich brown sauce with a hint of tomato and then spooned over grits. They can also be served over rice or with the hot bread of your choice for sopping up the gravy.

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### CHEF'S NOTE

Wondra flour has an ultrafine texture and does not cake. It can be found in well-stocked supermarkets and online.

**1 pound chicken livers, preferably all-natural or organic, trimmed of connective tissue**

**1 teaspoon kosher salt**

**Freshly ground black pepper**

**1 cup Wondra quick-mixing flour**

**1 tablespoon bacon drippings or canola oil**

**2 ounces cooked salt-cured country ham, diced**

**4 shallots, thinly sliced**

**1 large vine-ripened tomato, peeled, seeded, and diced**

**1 cup Brown Sauce**
**Leaves from 1 fresh thyme sprig**
**1 teaspoon cold butter**
**Grits**

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**Wash the chicken livers** in cold water, drain, and transfer to a plate lined with paper towels to absorb excess moisture. Season the chicken livers on both sides with salt and pepper. Lightly dust the livers with the Wondra flour, coating completely.

**Heat the bacon drippings** in a large skillet over medium-high heat. Add the chicken livers, country ham, and shallots. Sear the livers on one side for 2 minutes, then flip to the other side and cook for 2 minutes longer. Remove the livers and transfer them to a warm plate. The livers should be plump and rosy.

**Now add the diced tomato** to the pan and sauté over high heat for 1 minute. Stir in the Brown Sauce and thyme leaves and bring to a full boil, then reduce the heat and simmer for 1 minute. Return the livers to the pan, coating them well with the sauce. Quickly stir in the butter.

**The livers should be served medium-rare,** medium at most. Portion the grits into bowls and distribute the livers and gravy evenly.

## BROWN SAUCE

| | | |
|---|---|---|
| ACTIVE TIME<br>30 MINS<br>TOTAL TIME<br>2 HRS 30 MINS | MAKES<br>2 QUARTS | |

**1 tablespoon olive oil**
**1 cup shallots, chopped**
**½ cup leek, white and light green parts, chopped**
**¼ cup carrot, peeled and chopped**
**¼ cup celery, chopped**
**2 garlic cloves**
**1 tablespoon tomato paste**
**1 teaspoon sherry vinegar**
**1 cup red wine**
**2 fresh bay leaves**
**2 fresh thyme sprigs**
**½ teaspoon black peppercorns**
**6 cups Veal Stock or low-sodium beef stock**

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**Heat the olive oil** in a medium saucepan over medium-high heat. Add the shallots and leeks and sauté until lightly caramelized, about 2 minutes. Add the carrot, celery, and garlic and cook for 3 more minutes. Stir in the tomato paste and cook for 3 minutes longer.

**Add the sherry vinegar.** With a wooden spoon, scrape up the bits from the bottom of the pan. Add the red wine, bay leaves, thyme sprigs, and peppercorns and gently boil the sauce until a syrupy

consistency is achieved.

**Add the Veal Stock** and simmer very gently for 2 hours. Strain through a fine-mesh strainer and cool immediately. Refrigerate and use within 4 days, or freeze in 1-cup containers and use within 3 months.

## GRITS

ACTIVE TIME
**10 MINS**
**AGRICULTURAL SOUTH**
TOTAL TIME
**1hr 10 mins**
PLUS OVERNIGHT SOAKING OF THE GRITS

MAKES
**6**

**2½ cups artisanal stone-ground grits (coarse ground yellow or white)**

**8 cups cold water**

**½ cup half-and-half**

**2 tablespoons butter**

**1 teaspoon kosher salt**

---

THE NIGHT BEFORE

**Pour the grits** into a large bowl and cover with the water. Briefly stir, then allow to rest for about 10 minutes. During this time some corn hulls might rise to the top; if so, skim them off using a slotted spoon. Transfer the grits to the refrigerator to soak overnight.

THE NEXT DAY

**Transfer the grits** and water to a pot large enough to accommodate the expansion of the grits during cooking. Place over high heat, stirring continuously until the grits reach a boil. Then reduce the heat to the lowest setting and gently cook, covered, for 1 hour. Stir every 9 or 10 minutes to prevent scorching.

**After an hour** of cooking, the grits should be done. Taste them to determine whether they are cooked; they should be creamy and tender.

**In a small saucepan,** bring the half-an-half to a quick boil and immediately remove it from the heat. Finish the grits with the butter and the half-and-half, and season with the salt. Serve immediately.



Jamaican Jerk Chicken

JAMAICAN

# JERK CHICKEN



ACTIVE TIME
20 MINS

SERVES
6 TO 8

TOTAL TIME
CULINARY COUSINS
1 DAY

REFRIGERATE OVERNIGHT

**SPICY, PEPPERY, ALLSPICE**-scented jerk, Jamaica's entry into the barbecue sweepstakes, involves grilling and steaming over smoke from a fire of allspice wood, also known as pimento wood. The method evolved from the traditional war food of the Maroons, formerly enslaved Jamaicans who escaped, formed independent settlements, and fought against the British for their freedom in the mid-seventeenth century. Several Maroon communities remain to this day.

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**CHEF'S NOTE**

Some of the best versions of jerk chicken on the island today can be found at Boston Beach, near Port Antonio. Get a more flavorful smoke by adding pimento wood chips or chunks (available online) to the grill fire. In the absence of pimento wood, soak a handful of allspice berries in water and throw them on top of the hot coals when grilling.

**2 whole chickens, about 2½ pounds each, each bird cut into four pieces**

**3 cups Wet Jerk Rub**

**Rice & Pigeon Peas, for serving**

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THE NIGHT BEFORE

**Put the chicken pieces** in a large bowl and cover with the Wet Jerk Rub, tossing well to ensure that all the pieces are fully coated. Transfer to an airtight container and refrigerate for at least 6 hours or up to overnight.

THE NEXT DAY

**Prepare a medium-hot** fire **in a charcoal grill** (charcoal will offer a richer flavor, but a gas grill can be used). If available, add pimento wood chips for extra flavor.

**Place the chicken** on the grill and close the lid. Cook for about 40 minutes; the meat is done when it reaches an internal temperature of 165°F on an instant-read thermometer.

**Serve hot with** Rice & Pigeon Peas.



Buttermilk Fried Chicken

## BUTTERMILK

# FRIED CHICKEN

SERVES
**4 to 6**

ACTIVE TIME
**45 MINS**

**AGRICULTURAL SOUTH**

TOTAL TIME
**1 DAY**

REFRIGERATE OVERNIGHT

**THE HISTORY OF FRIED CHICKEN** is complex. Post-emancipation, it enabled African American women like the waiter carriers of Gordonsville, Virginia, to enjoy financial freedom (see this page). Packed in shoeboxes, it traveled northward and westward with families in the Great Migration. Later, it became a popular offering in soul food restaurants.

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### CHEF'S NOTE

For the best flavor, use organic or all-natural free-range chicken. Peanut oil makes an excellent choice for frying and accents the flavor of the finished chicken. Corn or canola oil can be substituted. A cast iron skillet is traditional and conducts and transfers heat evenly, which makes for a crispier chicken.

**4 pounds bone-in chicken pieces (halved split breasts, thighs, and/or drumsticks)**

**Poultry Brine**

**1 quart buttermilk, preferably full fat**

**1 teaspoon kosher salt**

**½ teaspoon freshly ground black pepper**

**½ teaspoon sweet Hungarian paprika**

**4 to 6 dashes Tabasco sauce**
**2 garlic cloves, crushed (not chopped)**
**2 or 3 fresh thyme sprigs**
**3 cups peanut oil, for frying**
**Seasoned Flour**

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**Place the chicken pieces** in a storage container or a large stainless steel bowl.

**Pour the brine over the chicken pieces,** ensuring that they are fully covered by the brine. Transfer to the refrigerator and let the chicken rest for 6 to 8 hours.

**Remove the chicken** from the refrigerator and drain off the brine. Be sure to discard the liquid.

**To make the buttermilk "soak,"** combine the buttermilk, salt, pepper, paprika, Tabasco, garlic, and thyme in a large bowl. Add the drained chicken pieces and turn them to coat well. Refrigerate for 4 hours.

**When you are ready to cook** the chicken, heat a 10-inch cast iron skillet over medium heat. Add the oil and allow it to slowly heat to 350°F on a deep-frying thermometer.

**While the oil is heating,** drain the chicken in a colander. Put the Seasoned Flour in a medium shallow bowl. Dredge the chicken, one piece at a time, in the flour until coated on all sides. Transfer each piece to a wire rack set over a baking sheet, placing the pieces side by side but not touching. Confirm that the temperature of the frying oil is at 350°F and then add five or six pieces of the chicken, being careful not to crowd the pan. The oil should reach just to the top of the chicken and should always be at 350°F. Fry the chicken until deep golden brown all over and the internal temperature reaches 165°F on an instant-read thermometer, 20 to 25 minutes. Using a slotted spoon or tongs, transfer to a wire rack to drain. Repeat with the remaining chicken.

## SEASONED FLOUR

| | | |
|---|---|---|
| ACTIVE TIME<br>8 MINS<br>TOTAL TIME<br>8 MINS | MAKES<br>4<br>SOUTH<br>AGRICULTURAL | |

**4 cups all-purpose flour**
**2 tablespoons kosher salt**
**1½ tablespoons onion powder**
**1 tablespoon freshly ground black pepper**
**1 tablespoon garlic powder**
**1½ teaspoons sweet Hungarian paprika**
**1 teaspoon freshly ground white pepper**

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**In a large mixing bowl,** combine all the ingredients. Whisk the mixture until the seasonings are well blended with the flour.

**If not using right away,** transfer to an airtight container and store at room temperature for up to 1 month.

HOT FRIED

# CHICKEN & WAFFLES



SERVES
4 TO 6

ACTIVE TIME
45 MINS

TOTAL TIME
6 HRS 45 MINS

**WHERE THE CLASSIC COMBINATION** of chicken and waffles originated is disputed, but most agree that Wells, an eatery in Harlem, was where it became best known. The spot was a late-night hangout for musicians, who, having finished their gigs around town, would head to Wells to wind down and savor a meal that combined the fried chicken of dinner with the waffles that meant breakfast.

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### CHEF'S NOTE

At the Café, southern ingredients like sorghum, cornmeal, and bourbon are added for a new twist on the traditional dish. Look for corn flour at well stocked supermarkets and specialty food stores; Bob's Red Mill is a popular brand.

### CHICKEN

**6 (about 5 ounces each) boneless, skinless chicken breasts**

**2 cups buttermilk**

**3 garlic cloves, chopped**

**1 tablespoon fresh thyme leaves**

**2 teaspoons hot sauce**

**½ teaspoon smoked paprika**
**¼ teaspoon kosher salt**
**⅛ teaspoon freshly ground black pepper**
**1½ cups Seasoned Flour**
**1½ cups peanut or vegetable oil**

### SPICED SORGHUM SYRUP

**2 ounces bourbon**
**1 teaspoon pure vanilla extract, preferably Bourbon vanilla**
**2 cinnamon sticks**
**2 whole cloves**
**Zest of ½ orange (no white pith)**
**1½ cups sorghum syrup**

### WAFFLES

**½ cup yellow cornmeal, preferably stone-ground**
**½ cup corn flour**
**1 cup all-purpose flour**
**2 teaspoons baking powder**
**½ teaspoon baking soda**
**½ teaspoon fine sea salt**
**3 large eggs, separated**
**1 cup buttermilk, preferably full fat**
**1 teaspoon freshly ground black pepper**
**2 tablespoons unsalted butter, melted**

**Salted butter, for serving**

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### TO MAKE THE CHICKEN

**Trim the chicken breasts** of any fat or skin and pat dry with a paper towel.

**Combine the buttermilk,** garlic, thyme, hot sauce, paprika, salt, and pepper in a medium bowl and mix well.

**Put the chicken in a large bowl** and pour over the seasoned buttermilk. Marinate in the refrigerator for 4 to 6 hours. (Toward the end of the marinating time, prepare the waffle batter.)

**When the marinating is complete,** drain the chicken in a colander, then dredge each breast in Seasoned Flour, coating well on all sides.

**Heat the oil** in a large cast iron skillet to 350°F on a deep-frying thermometer. Fry the chicken until golden brown all over and the internal teperature reaches 165°F on a instant-read thermometer, about 4 minutes on each side.

### TO MAKE THE SPICED SORGHUM SYRUP

**In a small saucepan,** combine the bourbon, vanilla, cinnamon sticks, cloves, and orange zest over low heat. Gently simmer for 5 minutes to infuse the flavors (maintain a minimal heat to avoid any flaming of the alcohol).

**Add the sorghum** to the pan and gently simmer for another 10 minutes. Remove from the heat and allow the flavors to steep for 1 hour. Pass the syrup through a fine-mesh strainer and reserve. The syrup can be made up to 1 week in advance and stored in the refrigerator.

### TO MAKE THE WAFFLES

**Sift the cornmeal,** corn flour, all-purpose flour, baking powder, baking soda, and salt together into a medium bowl.

**Whisk the 3 egg yolks** with the buttermilk and black pepper in a second medium bowl, then fold the egg mixture into the cornmeal mixture to create the batter. Stir the melted butter into the batter.

**Whip the egg whites** to stiff peaks and fold into the batter. Set aside while you start frying the chicken (see this page).

**While the chicken is frying,** preheat a waffle iron. Once it is hot, spray with vegetable-oil cooking spray. Following the manufacturer's instructions, cook the waffles. They should have a crispy golden crust.

**Reheat the sorghum syrup.**

**Serve the chicken and waffles** with warm sorghum syrup and butter.

# BARBECUE



*Serving Barbecue at the Free Huey Rally, DeFremery Park, Oakland, California, #34, July 14, 1968*; printed 2012. Photograph by Ruth-Marion Baruch.

Perhaps no form of American cooking is more fraught with contention than barbecue. We love to eat it, and we love to fight about it. It's found in small spots in back alleys in Chicago and on fancy menus in Memphis. It's mapped by geographers who debate the borders of South Carolina's four sauces and know where North Carolina's styles change. Wherever it is and whatever form it takes, it is one of the culinary techniques that African Americans have had a major hand in creating.

From the enslaved cooks who perfected special sauces and stayed up nights basting and turning meats they would never taste themselves to the modern-day pit masters who journey from state to state with complex rigs and secret potions to celebrate 'cue to the weekend cooks who fire up their backyard grills each summer, barbecue has long been a hallmark of American culture. African Americans have excelled at every aspect of this smoky tradition, from Maryland's bull roasts to North Carolina's pulled pork and chopped barbecue to Texas brisket, playing important roles in the creation of the myriad variations of this national culinary obsession.



Postcard of men barbecuing pork in Kentucky, early twentieth century.



Hickory-Smoked Barbecued Chicken

HICKORY-SMOKED

# BARBECUED CHICKEN

ACTIVE TIME
45 MINS
AGRICULTURAL SOUTH
TOTAL TIME
1 DAY OR LONGER
REFRIGERATE OVERNIGHT

SERVES
8

**SITTING DOWN TO FRAGRANT**, juicy, hickory-smoked barbecued chicken is a southern summertime ritual.

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**CHEF'S NOTE**

For an oven-friendly indoor version of this recipe, add 2 tablespoons smoked paprika to a cupful of the dry rub blend and follow the first two steps. The next day, roast in a preheated 275°F oven for about 1½ hours, until the chicken registers an internal temperature of 165°F on an instant-read thermometer.

**2 all-natural chickens (about 3 pounds each)**
**1 cup Barbecue Dry Rub**
**4 cups hickory chips**
**4 pounds natural wood charcoal**
**Alabama White Barbecue Sauce, for serving**

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THE NIGHT BEFORE

**Cut each chicken into six pieces** (two legs, two thighs, and two breasts) and place them on a baking sheet.

**Season the chicken pieces** with the Barbecue Dry Rub, fully coating all sides. Keep the chicken on the baking sheet and place uncovered in the refrigerator overnight to marinate. Cover the hickory chips with water and leave to soak overnight.

THE NEXT DAY

**Remove the chicken** from the refrigerator and let it come to room temperature.

**Drain the** hickory chips.

**To set up your smoker,** first ignite the charcoal. Use an electric or chimney-style starter to avoid the unpleasant flavors associated with lighter fluid. Once the coals are fully burning and have turned white, move them to one side of the smoker. Then put the hickory chips on top of the coals to start the burning.

**Set the smoker's grill rack** in place and put the chicken pieces on the side that is not above the coals. Close the lid on the smoker and adjust the air supply on the bottom and the vent on the top to maintain a steady smoking temperature of 250°F. Check the cooking temperature every 30 minutes throughout the process. If the temperature drops below 250°F, you may need to add more hickory or increase the air supply. If the temperature exceeds the desired cooking temperature, reduce the air supply.

**Smoke the chicken** until it reaches an internal temperature of 165°F on an instant read thermometer, 3½ to 5 hours. Serve with Alabama White Barbecue Sauce.



Barbecued Beef Brisket Sandwich

# BARBECUED

## BEEF BRISKET SANDWICH

ACTIVE TIME
**25 MINS**
**WESTERN RANGE**
SERVES
**6 to 8**
TOTAL TIME
**1 DAY**
PLUS OVERNIGHT SOAKING
OF THE HICKORY CHIPS

**IN MUCH OF THE SOUTH, BARBECUE** is about pork. In Texas, however, beef brisket is the chosen meat on the barbecue trail. The tender, smoky beef pairs well with charred peach chutney in the Café's version of a barbecued beef brisket sandwich.

**1 (5-pound) beef brisket, trimmed of excess fat (leave ¼-inch fat cap on the meat)**

**1 cup Barbecue Dry Rub**

**1 tablespoon coarse sea salt**

**3 tablespoons cracked black peppercorns**

**10 pounds hickory wood chunks**

**4 pounds natural wood charcoal**

**6 to 8 artisanal sandwich buns, for serving**

**Kosher salt**

**Freshly ground black pepper**

**Charred Peach & Jalapeño Chutney, for serving**

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THE NIGHT BEFORE

**Generously season the brisket** on all sides with the Barbecue

Dry Rub, sea salt, and peppercorns. Rub them thoroughly into the meat, fat, and pockets to ensure even distribution. Place the brisket on a wire rack set on top of a baking sheet. Place uncovered in the refrigerator for 12 hours to marinate.

**Cover the hickory chunks** with water and leave to soak overnight.

THE NEXT DAY

**Remove the brisket** from the refrigerator and let it to come to room temperature.

**Drain** the hickory chunks.

**To set up your smoker,** first ignite the charcoal. Use an electric or chimney-style starter to avoid the chemical flavors associated with lighter fluid. Once the coals are fully burning and have turned white, move them to one side of the smoker. Place 4 to 5 pounds (reserve the rest to replenish as needed) of the hickory chunks on top of the coals in order to start the burning.

**Set the smoker's grill rack** in place and put the brisket on it, positioning it on side that is not above the coals. The goal of setting it up like this is to create a cooking environment in which the meat is not in direct contact with the burning wood and has heat and smoke circulating around it.

**Close the lid on the smoker** and adjust the air supply on the bottom and vent on the top to maintain a steady smoking temperature of 230°F. Check the cooking temperature every 30 minutes throughout the process. If the temperature drops below 230°F, you may need to add more hickory or increase the air supply. If the temperature exceeds the desired cooking temperature, reduce the air supply.

**After 3 hours of smoking,** remove the brisket from the smoker and wrap the entire piece of meat tightly in two or three layers of aluminum foil. Then return the meat to the smoker and continue cooking. Smoke the meat until it reaches an internal temperature of 200°F on an instant-read thermometer, 5 to 6 hours longer, then allow the meat to rest for 45 minutes before slicing.

**Thinly slice the brisket** across the grain, generously portion the meat onto the buns, season with salt and pepper, and top with Charred Peach & Jalapeño Chutney.

## HICKORY-SMOKED

# PORK SHOULDER



ACTIVE TIME
**30 MINS**

SERVES
**6–8**

**AGRICULTURAL SOUTH**

**1 DAY**
PLUS OVERNIGHT SOAKING
OF THE HICKORY CHIPS

**THIS IS IT! SERVED WITH AN** eastern Carolina vinegar-based sauce, this classic southern barbecued pork shoulder follows the old barbecue adage: cook it low and slow.

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### CHEF'S NOTE

Kettle-style smokers work well, but any smoker will do. If possible, use heritage breed pork like Berkshire or Duroc for this recipe, though good-quality supermarket pork will turn out tasty barbecue, too. Hickory chips or hardwood is a must and can be found in the grill section of most big-box stores or online.

A mop is a highly flavorful, thin basting liquid that is traditionally "mopped" on the meat periodically during the smoking process to keep the meat moist and flavorful. Here, we use a spray bottle for ease.

### MOP

**1 cup cider vinegar**
**½ cup apple juice**
**¼ cup vegetable oil**

### EASTERN NORTH CAROLINA-STYLE BARBECUE SAUCE

**1½ cups cider vinegar**
**2 tablespoons coarsely ground black pepper**
**1 tablespoon red pepper flakes**
**1½ tablespoons sugar**
**1 tablespoon kosher salt**
**1 tablespoon Barbecue Dry Rub**
**2 garlic cloves, finely chopped**

### MEAT

**1 (5- to 6-pound) pork shoulder roast, preferably bone-in**
**1½ cups Barbecue Dry Rub**
**10 pounds hickory wood chunks**
**3 pounds natural wood charcoal**

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### TO MAKE THE MOP

**Mix together all the ingredients,** and reserve at room temperature for the smoking process.

### TO MAKE THE BARBECUE SAUCE

**Combine the vinegar,** black pepper, red pepper flakes, sugar, salt, and Barbecue Dry Rub in a medium bowl and mix well. Stir in the garlic. Cover and refrigerate.

**Allow the sauce** to develop for at least 12 hours before serving to ensure maximum flavor. It will keep refrigerated for up to 2 weeks.

THE DAY BEFORE

**Using plenty of paper towels,** throughly dry the entire surface of the pork shoulder. This will ensure better seasoning of the meat.

**Place the shoulder** on a baking sheet and generously season on all sides with the Barbecue Dry Rub. Be sure to rub it into the meat, fat, and pockets to ensure even distribution. Place the meat on a wire rack set on a baking sheet. Place uncovered in the refrigerator 12 hours to marinate.

**Cover hickory chunks** with water and leave to soak overnight.

THE NEXT DAY

**Remove the pork shoulder** from the refrigerator and let it come to room temperature.

**Drain** the hickory chunks.

**To set up your smoker, first** ignite the charcoal. Use an electric or chimney-style starter to avoid the chemical flavors associated with lighter fluid.

**Once the coals** are fully burning and have turned white, move them to one side of the smoker. Place 4 to 5 pounds (reserve the rest to replenish as needed) of the hickory chunks on top of the coals in order to start the burning.

**Set the smoker's grill rack** in place and put the pork shoulder on it, positioning it to the side that is not above the coals. The goal of setting it up like this is to create a cooking environment in which the meat is not in direct contact with the burning wood and has heat and smoke circulating around it.

**Close the lid on the smoker** and adjust the air supply on the bottom and vent on the top to maintain a smoking temperature of 220°F. Check the cooking temperature every 30 minutes throughout the process. If the temperature drops below 220°F, you may need to add more hickory or increase the air supply. If the temperature exceeds the desired cooking temperature, reduce the air supply.

**Every 45 to 60 minutes** give the meat a quick spray with the mop sauce to help keep it moist and flavorful.

**Smoke the meat** for up to 6 to 8 hours, until it reaches an internal temperature of 190°F on an instant-read thermometer. Let the meat rest for 45 minutes before beginning to pull it. Pulling can be done either by shredding the meat using one fork in each hand or by simply pulling it apart with your fingers.

**Once the meat has been pulled,** season it with the barbecue sauce and with salt and pepper to taste if needed.



Bacon-Wrapped Pan-Roasted Pork Chops

BACON-WRAPPED

# PAN-ROASTED PORK CHOPS

| | | |
|---|---|---|
| ACTIVE TIME<br>**25 MINS**<br>**AGRICULTURAL SOUTH**<br>TOTAL TIME<br>**45 MINS** | SERVES<br>**4** | |

**THIS DISH OF BACON-WRAPPED** pork chops is a testament to the belief that if one type of pork is tasty in a dish, two types are surely better. Here, in addition to the smoky bacon, the chops draw flavor from the addition of thyme sprigs as they cook and from the molasses gravy that finishes the dish.

**4 (2-inch-thick) bone-in pork chops, preferably heritage-breed pork such as Berkshire**

**4 bacon slices, preferably hardwood-smoked**

**1½ teaspoons kosher salt**

**Freshly ground black pepper**

**8 fresh thyme sprigs**

**1 tablespoon olive oil**

**2 garlic cloves, lightly crushed**

**2 teaspoons shallot, finely diced**

**2 teaspoons sherry vinegar**

**2 tablespoons unsulfured molasses**

**1 tablespoon cracked black peppercorns**

**1 cup Brown Sauce**

**2 teaspoons unsalted butter**

**Coarse sea salt**

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**Remove the pork chops and bacon** from the refrigerator and let come to room temperature.

**Season the chops** on both sides with the salt and a quick grind or two of black pepper. Place 2 thyme sprigs on each chop. Stretch a bacon slice over the thyme and around each chop. As the chop cooks, the bacon will help baste the pork while the thyme perfumes the meat.

**Heat the olive oil** in a large skillet over medium heat. When the oil begins to shimmer, increase the heat to high and place each chop, with the overlapping bacon edges facing down, in the pan. Add the garlic to the pan and allow to remain throughout the cooking process.

**Brown the chops** on the first side for 3 to 4 minutes, until a golden brown crust has formed. Turn the chops over and brown the second side for 3 to 4 minutes. Remove the chops and set aside to rest while the sauce is being finished.

**Add the shallot** to the skillet and sauté lightly over medium heat. Add the sherry vinegar and loosen any bits from the bottom of the pan with a wooden spoon. Add the molasses and cracked peppercorns, followed by the Brown Sauce. Cook over high heat until the liquid has reduced by half, about 2 minutes. To finish, remove the garlic cloves and discard, then whisk the butter into the sauce.

**Serve the chops** with a generous amount of the molasses gravy and a sprinkling of sea salt.



Sticky Pork Ribs

## STICKY

# PORK RIBS



ACTIVE TIME
**30 MINS**
CAFÉ SPECIAL
SERVES
**4 to 6**
TOTAL TIME
**1 DAY**
REFRIGERATE OVERNIGHT

**THIS RECIPE WAS DEVELOPED TO** celebrate the Café's first participation in the Washington, DC, National Cherry Blossom Festival. The festival celebrates the blooming of the more than three thousand cherry trees that originated as a gift from the mayor of Tokyo, Japan, to the United States in 1912. The use of such ingredients as *shichimi togarashi*, a Japanese spice mixture, and Asian pears gives these succulent, tender ribs a delicious Asian flavor.

**2 Asian pears, peeled, cored, and pureed**
**2 tablespoons packed light brown sugar**
**¼ cup soy sauce**
**¼ cup oyster sauce**
**1 tablespoon rice wine**
**¼ teaspoon kosher salt**
**1½ teaspoons shichimi togarashi (Japanese chili pepper spice blend, available in most Asian markets)**
**4 garlic cloves, finely chopped**
**½ cup sweet chile sauce**
**1½ teaspoons grated and peeled fresh ginger**
**½ tablespoon five-spice powder**
**5 pounds St. Louis–style pork ribs**

**3 to 4 pounds cherry wood chunks, for smoking the ribs**

**1 scallion, white and light green parts, thinly sliced, for garnish**

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THE NIGHT BEFORE

**Combine the pear puree,** sugar, soy sauce, oyster sauce, rice wine, salt, shichimi togarashi, garlic, chile sauce, ginger, and five-spice powder in a 2-quart saucepan.

**Place over medium heat,** stirring until it comes to a boil. Reduce the heat to a low simmer and cook until slightly thickened, about 15 minutes.

**Remove from the heat** and allow to cool to room temperature, about 30 minutes.

**Once the sauce has cooled,** pour it over the ribs, coating them completely. Cover the ribs and place in the refrigerator to marinate for 12 to 24 hours.

THE NEXT DAY

**Drain the ribs,** reserving the marinade. Pass the marinade through a fine-mesh strainer and reserve.

**To set up your smoker,** first ignite the charcoal. Use an electric or chimney-style starter to avoid the unpleasant flavors associated with lighter fluid. Once the coals are fully burning and have turned white, move them to one side of the smoker. Put 3 pounds of the cherry wood chips on top of the coals to start the burning.

**Set the smoker's grill rack** in place and put the ribs on the side that is not above the coals. Close the lid on the smoker and adjust the air supply on the bottom and the vent on the top to maintain a steady smoking temperature of 275°F.

**Check the cooking temperature** every 30 minutes throughout the process. Smoke the ribs until they reach an internal temperature of 200°F oon an instant-read thermometer, about 2½ hours.

**Brush the ribs** with the reserved marinade and cook for another

10 minutes until well glazed and sticky. Garnish with the scallion before serving.



Curried Goat

# CURRIED GOAT

ACTIVE TIME
**40 MINS**

TOTAL TIME
**2 DAY**

PLUS REFRIGERATE MARINATED GOAT OVERNIGHT

SERVES
**4 TO 6**

**CULINARY COUSINS**

**IN JAMAICA, CURRIED GOAT** is a traditional favorite. The dish originated with the island's East Indian community, today the country's third largest racial group. Their ancestors arrived as indentured workers in the post- emancipation period, mainly to work on sugarcane plantations. This curry is also a tasty way to deal with the numerous goats that roam the island's countryside.

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**CHEF'S NOTE**

Rich with Madras-style curry powder, which flavors much of the island's Indian cooking, this dish also includes traditional Caribbean herbs and spices, such as Scotch bonnet peppers, and can be made with mutton or lamb if goat is unavailable.

**1 large white onion, chopped**
**2 scallions, white and light green parts, chopped**
**4 garlic cloves, finely chopped**
**1 tablespoon fresh ginger, peeled and chopped**
**4 whole allspice berries**
**4 tablespoons peanut oil, divided**
**3 pounds boneless goat stew meat, cut into 2-inch cubes**
**1 tablespoon plus 2 teaspoons curry powder**
**1 tablespoon kosher salt**
**1 teaspoon freshly ground black pepper**
**1½ teapoons ground cumin**
**1½ teaspoon ground coriander**
**¼ teaspoon ground ginger**

**4 quarts Chicken Stock**

**1 bay leaf**

**3 fresh thyme sprigs**

**1 cinnamon stick**

**1½ cups potato, peeled and diced**

**1 cup carrot, peeled and diced**

**1 Scotch bonnet, habanero, or jalapeño pepper, halved and seeded**

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THE NIGHT BEFORE

**In a blender,** puree the onion, scallions, garlic, fresh ginger, allspice, and 2 tablespoons of the oil until a smooth mixture is formed. Put the goat meat in a large bowl and mix with the puree until the meat is well coated. Place in an airtight container and refrigerate overnight.

THE NEXT DAY

**To make the spice blend,** combine the curry powder, salt, pepper, cumin, coriander, and ground ginger in a small bowl. Mix until well blended.

**Heat the remaining** 2 tablespoons oil in a large stockpot over medium heat. Add the goat meat and its marinade and brown well on all sides. Then add the curry spice blend and cook for another 3 minutes, stirring regularly.

**Next add the Chicken Stock** and bring to a boil. Reduce the temperature to maintain a simmer, add the bay leaf, thyme, and cinnamon, cover, and cook gently for 45 to 60 minutes, until meat is fork tender. Skim off excess fat from the surface.

**Now add the potatoes,** carrots, and Scotch bonnet pepper, and simmer for another 25 to 30 minutes, until the goat and vegetables are tender.

**With a slotted spoon,** remove the meat and vegetables and reserve. Continue cooking the braising liquid for another 15 minutes to reduce. Skim off any additional fat. Adjust the seasoning with salt and pepper.

**Remove the bay leaf,** return the meat and vegetables to the sauce, and reheat. Serve over rice.

# LIMPIN' SUSAN

SERVES
**4**

ACTIVE TIME
**20 MINS**

**AGRICULTURAL SOUTH**

TOTAL TIME
**40 MINS**

**IN GULLAH FOLKLORE, LIMPIN'** Susan is often referred to as Hoppin' John's wife. This okra and rice purloo (pilaf) is also found in Guadeloupe, where it is called *riz aux gombos*. In the Low Country, it is often paired with sautéed shrimp.

**4 thick bacon slices, diced**
**¼ cup yellow onion, minced**
**1 garlic clove, finely chopped**
**2½ cups okra, cut into ¼-inch-thick rounds**
**1 teaspoon kosher salt**
**½ teaspoon freshly ground black pepper**
**1 pinch cayenne pepper**
**2 bay leaves**
**1 cup Carolina Gold rice or other long-grain white rice**
**2½ cups Chicken Stock**
**3 scallions, white and light green parts, thinly sliced**

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**Preheat a soup pot** over medium-low heat. Cook the bacon in the pot until it renders its fat and is crisp. Using a slotted spoon transfer the bacon to a plate.

**Add the onion and garlic** to the pot and cook over medium heat

until translucent, about 5 minutes. Then add the okra, salt, black pepper, cayenne, and bay leaves and cook for another 5 minutes, stirring continually.

**Now add the rice to the pot** and stir until all the grains are well coated with the vegetables. Pour in the Chicken Stock and bring to a simmer. Cover, reduce the heat to low, and cook until the rice is tender and the liquid is absorbed, 18 to 20 minutes.

**Garnish** with the scallions and bacon before serving.

# TRINI DOUBLES

VEGETARIAN

25 MINS
CULINARY

4 TO 6
COLLINS

TOTAL TIME

**1 DAY**

PLUS OVERNIGHT SOAKING OF THE CHICKPEAS

**TRINIDADIAN STREET FOOD IS** some of the best in the Caribbean and shows off that nation's African, Asian, European, and Native American roots. The East Indian influence is evidenced in doubles, which are two pieces of fried dough, known as *bara* (similar to roti), filled with curry *channa* (curried chickpeas) and topped with a variety of condiments, including the fiery local hot sauce.

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**CHEF'S NOTE**

West Indian hot pepper sauce has a different flavor profile from most hot sauces in the United States. Look for it online.

**8 ounces dried chickpeas (rounded 1 cup)**
**¼ cup vegetable oil**
**1 cup yellow onion, minced**
**3 garlic cloves, smashed**
**1½ teaspoons ground turmeric**
**2½ tablespoons curry powder**
**1 tablespoon garam masala**
**1 bay leaf**
**1 habanero pepper, halved lengthwise**

**2 cups yellow potatoes, peeled and finely diced**

**¼ cup fresh cilantro, chopped, plus sprigs for serving**

**Salt**

**Freshly ground black pepper**

**Roti, for serving**

**1 cucumber, thinly shaved, for serving**

**West Indian hot pepper sauce, for serving**

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THE NIGHT BEFORE

**Sort through the chickpeas** to remove any debris and stones. Place the chickpeas in a colander and rinse under cold water. Transfer to a large soup pot and cover with cold water. The water level should reach at least 2 inches above the chickpeas. Leave to soak overnight.

THE NEXT DAY

**Drain and rinse the chickpeas,** then place them in a medium soup pot and fully cover with water. Bring to a full boil, then reduce to a steady simmer and cook for about 45 minutes, until tender. Drain the chickpeas and reserve the chickpeas and cooking liquid separately.

**In the soup pot,** heat the vegetable oil over medium heat. Add the onion and garlic and cook until translucent, about 5 minutes. Add the turmeric, curry powder, and garam masala and cook until the mixture becomes aromatic and begins to darken slightly, 2 to 3 minutes.

**Add the chickpeas,** bay leaf, habanero, potatoes, and about 1½ cups of the chickpea cooking liquid and bring to a boil. Lower the heat and simmer until the potatoes are soft, about 20 minutes.

**Once the mixture is cooked,** remove the habanero pepper and bay leaf, and add the chopped cilantro. Season to taste with salt and pepper.

**Serve the chickpeas** over freshly cooked Roti and top with the cucumber, cilantro sprigs, and hot pepper sauce.



Black-Eyed Pea, Golden Corn, & Chanterelle Empanadas

## BLACK-EYED PEA, GOLDEN CORN, & CHANTERELLE

# EMPANADAS

VEGETARIAN
WESTERN
RANGE
EMPANADAS
2 HRS

**IN THE LATIN AMERICAN WORLD,** an empanada is a turnover filled with various ingredients. Here, the savory pastry conceals a mixture of black-eyed peas, grilled corn, and chanterelle mushrooms that speaks of the African American and Native American cultures of the Western Range.

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### CHEF'S NOTE

Empanada wrappers can be found in Hispanic markets or online.

### FRESH TOMATO SALSA

**¾ cup vine-ripened tomatoes, diced**
**½ cup extra-virgin olive oil**
**¼ cup fresh cilantro leaves, coarsely chopped**
**¼ cup red onion, minced**
**2 tablespoons freshly squeezed lime juice**
**½ teaspoon kosher salt**
**Freshly ground black pepper**

### EMPANADAS

**1 ear corn**
**1 tablespoon olive oil, divided**

**2 shallots, finely diced**

**1 garlic clove, chopped into a paste**

**½ teaspoon ground cumin**

**12 ounces fresh chanterelles or other wild mushrooms, sliced**

**¾ teaspoon kosher salt**

**Freshly ground black pepper**

**1 cup cooked black-eyed peas**

**1 tablespoon fresh flat-leaf parsley, chopped**

**¼ teaspoon fresh thyme leaves**

**12 (6-inch) empanada wrappers**

**3 cups vegetable oil, for frying**

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### TO MAKE THE TOMATO SALSA

**Mix all the ingredients** together in a small bowl and marinate for at least 2 hours.

### TO MAKE FOR THE EMPANADAS

**While the Fresh Tomato Salsa is marinating,** make the empanadas. Shuck the corn. Use a serrated knife to cut the kernels from the cob. You should have about 1 cup kernels. Heat a 10-inch cast iron skillet over high heat. Add a few drops of the olive oil and the corn. Cook, stirring, until the kernels are fragrant and begin to char, about 2 to 3 minutes. Transfer the kernels to a small bowl.

**Return the skillet to the stovetop,** add the remaining oil, and heat over medium heat. Add the shallots and garlic and cook until translucent, about 5 minutes. About halfway through the cooking, stir in the cumin. Add the chanterelles and cook for 3 more minutes. Season with the salt and pepper to taste.

**While the chanterelles are cooking,** roughly chop ¼ cup of the black-eyed peas to a mash consistency. Add the corn kernels and chopped black-eyed peas to the chanterelles and cook for 2 more minutes. Transfer to a medium bowl and set aside to cool.

**Once the mixture has cooled,** fold in the remaining black-eyed peas and the parsley and thyme. Taste and adjust the seasoning with salt and pepper if necessary.

**Place an empanada wrapper** on a work surface and spoon 3 generous tablespoons of the mixture onto one side of the wrapper. Wet a pastry brush with water and moisten the outside edge of the wrapper. Fold the blank side over the filling, pressing the edges to seal the empanada. With floured fork tines, lightly press around the edge of the empanada to seal it securely. Repeat this process until all the filling and empanada wrappers have been used. Refrigerate for 30 minutes prior to cooking.

**In a deep cast iron skillet,** heat the vegetable oil to 350°F on a deep-frying thermometer. Working in batches to avoid crowding, add the empanadas to the hot oil and fry, turning once, until crisp and a rich golden brown color, about 3 to 4 minutes total. Using tongs or a slotted spoon, transfer to a platter lined with paper towels to drain any excess oil.

**Serve hot** with Fresh Tomato Salsa.





# PICKLES, SNACKS, AND BREADS

# PICKLES, SNACKS, AND BREADS



**Feature: Culinary Cousins**

Pickled Watermelon Rind

**Feature: Watermelon**

Dilly Green Beans

Spicy Pickled Okra

Chow-Chow

Charred Peach & Jalapeño Chutney

Deviled Eggs

Pimento Cheese

Sea Salt–Spiced Cocktail Nuts

Creole Spiced Boiled Peanuts

Black-Eyed Pea Hummus

**Feature: Peas**

Texas Caviar

Sweet Onion & Corn Hush Puppies with Red Pepper Remoulade

“Cracklin’” Corn Bread

Johnnycakes

Hot Water Corn Bread

Yellow Corn Bread

Buttermilk Biscuits

Drop Biscuits

Sweet Potato Biscuits

Roti

Benne Seed Flatbread Crisps



A picnic, mid-twentieth century.



Fork and knife from the home of Harriet Tubman, ca. 1870s.



**PIMENTO CHEESE**



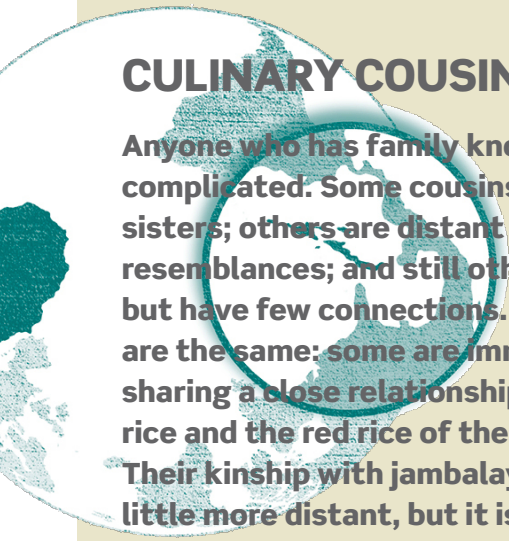
Students working in a kitchen at the Bordentown School in Bordentown, New Jersey, ca. 1935. Photograph by Lewis Wickes Hine.



**PICKLES, CHUTNEY, AND CHOW-CHOW**



Teapot made by Peter Bentzon, ca. 1817–29.



## CULINARY COUSINS

**Anyone who has family knows that cousins are complicated. Some cousins are as close as brothers or sisters; others are distant but display startling family resemblances; and still others know their relationships but have few connections. With matters culinary, cousins are the same: some are immediately identifiable as sharing a close relationship, such as West Africa's Joloff rice and the red rice of the South Carolina Low Country. Their kinship with jambalaya from New Orleans may be a little more distant, but it is certainly evident on the plate and the palate. And all three are related to *thiebou dienn*, the Senegalese national dish of red rice and fish that inspired the original Joloff rice.**

Just as red rice and jambalaya are closely related to their African cousins, so too is Hoppin' John. South Carolina's black-eyed pea and rice pilaf is much like Senegal's *thiebou niébé*, which boasts the same combination of black-eyed peas and rice but is seasoned with beef or smoked mollusks instead of the South's traditional smoked pork.

Fritters are everywhere, from those fashioned from leftover vegetables in the Agricultural South to the bean fritters of Brazil and the salt cod fritters of the Caribbean. Finally, there are the gumbos: rich soups filled with the bounty of coastal regions that may be thickened with okra or filé. These soupy stews share connections with the *sauce feuilles* of Benin and the *soupikandia* of the Diola of Senegal and are cousins to the *callaloos* of the Caribbean and even the pepper pot of Philadelphia. All are testimonials to the myriad ways in which the culinary cultures of the African Atlantic world have mixed and mingled on the plate.

These culinary relations look backward to where African Americans have been and forward to the interrelated culinary worlds of the African diaspora. They include foods from Senegal, Ghana, Guyana, Salvador da Bahia, Brazil, and the American places where Africans and the continent's descendants, old and new, have landed and transformed their food into American classics.






Postcard of women carrying produce in Jamaica, late nineteenth to early twentieth century.



**STICKY PORK RIBS**



Clockwise from top left: Chow-Chow, Charred Peach & Jalapeño Chutney, Dilly Green Beans, Spicy Pickled Okra, and Pickled Watermelon Rind

PICKLED

# WATERMELON RIND



ACTIVE TIME
**20 MINS**
**AGRICULTURAL SOUTH**
TOTAL TIME
**30 MINS**
PLUS 1-DAY PICKLING TIME

MAKES
**10**

**THESE ICONIC PICKLES ARE** prepared from the peeled white rind of the fruit that is usually discarded. In Harlem, during the Great Depression, an African American woman named Patsy Randolph would go from shop to shop collecting watermelon rinds that she would then transform into pickles. She sold her homemade pickles with great success, in yet another demonstration of the marriage of African American culinary abilities and entrepreneurial skills to create capital.

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**CHEF'S NOTE**

At the Café, star anise is used in the pickling mix, which gives the pickles a slightly Asian flavor. The pickles can be made up to a week in advance and stored in the refrigerator until ready to use.

**1 (4- to 5-pound) watermelon**
**2 ounces fresh ginger, peeled and sliced**
**2 cinnamon sticks**
**4 whole allspice berries**

**4 whole cloves**
**1 teaspoon black peppercorns**
**3 whole star anise**
**1½ tablespoons kosher salt**
**1 jalapeño pepper, thinly sliced**
**1 cup sugar**
**1 cup distilled white vinegar**
**¾ cup cold water**

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**Prepare a 1-quart** Mason jar, lid, and screwband by throughly washing and drying them.

**With a sharp vegetable peeler,** remove the thick green rind from the watermelon.

**Cut the watermelon** into 1½-inch-thick slices and then trim the flesh, leaving about ¼ inch of red flesh attached to the rind. Cut the rind into 1½-inch pieces. You should end up with about 4½ cups rind. Reserve the rest of the watermelon for another use, such as heirloom Tomato-Watermelon Salad.

**In a medium saucepan,** combine the ginger, cinnamon, allspice, cloves, peppercorns, star anise, salt, jalapeño, sugar, vinegar, and water. Bring to a boil over high heat. Reduce the heat to a simmer, add the watermelon rind, and cook for 5 minutes.

**Remove from the heat** and allow to cool to room temperature. Make sure the watermelon rind is completely covered by the brine. A small salad plate can be placed on top of the rind to keep it submerged.

**Once fully cooled,** transfer the rind to the prepared jar and pour in enough brine to cover it completely. Close the jar with the lid and screwband. Refrigerate for 24 hours prior to serving. Consume within 7 days for optimum freshness and flavor.

# WATERMELON

"Watermelon, sweet to the rind / If you don't believe me, then pull down your blind! / Watermelon! Watermelon!" This street vendor's cry, recorded in the mid-twentieth century, is testimonial to the enduring popularity of the bright red fruit that is summer's favorite treat, complete with juice dripping down chins and seed-spitting contests.

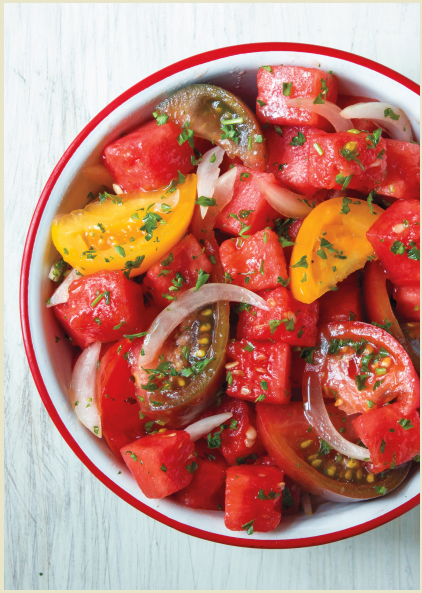
The watermelon originated on the African continent, and Egyptians began cultivating it early, as evidenced by images of the fruit and its seeds on the walls of tombs dating back at least four thousand years, including the famed resting place of King Tutankhamun. The fruit was introduced to Spain by the Moors, and Spaniards and enslaved Africans carried it to the New World, where it was recorded growing in Florida in the sixteenth century and in Massachusetts in the early seventeenth century.

Watermelon was especially prized in areas where the water supply was of uncertain purity or nonexistent, as the plant is 92 percent liquid and can quench thirst. This certainly meant survival for enslaved folk working in the hot sun. However, the often lifesaving love of watermelon has been a double-edged sword for African Americans. Some of the most virulently negative images of the late nineteenth and early twentieth centuries involve racist stereotyping of African American love of the fruit.

Most of that has now passed, and each summer brings out a host of self-proclaimed watermelon specialists, who thump, prod, and poke to select the sweetest, juiciest watermelons to take to countless occasions for the delectation of all.



*Untitled*, ca. 1940. A man sells watermelon from the back of a truck in Harlem, New York. From the series *Most Crowded Block in the World.* Photograph by Aaron Siskind.



Tomato-Watermelon Salad

DILLY

# GREEN BEANS



| | | |
|---|---|---|
| ACTIVE TIME<br>**20 MINS**<br>CONTINENTAL<br>UNITED STATES<br>**25 MINS**<br>PLUS 2-DAYS PICKLING TIME | MAKES<br>**2** | |

**HERE IS AN INVENTIVE**—and delicious—way to prepare a bumper crop of summer green beans. They can be eaten as a snack, added to salads, or used as a garnish in dishes or drinks.

**1 pound green beans**
**½ bunch fresh dill with stems**
**6 garlic cloves, thinly sliced**
**2 cups distilled white vinegar**
**2 tablespoons kosher salt**
**2 tablespoons sugar**
**1 tablespoon black peppercorns**
**1 tablespoon yellow mustard seeds**
**1 teaspoon coriander seeds**
**2 small dried hot red peppers**

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**Prepare two (1-pint) Mason jars,** lids, and screwband by throughly washing and drying them.

**Wash and trim** the green beans so they will fit in the jars. Pack the beans, standing up, dill, and garlic into the prepared jars.

**Combine the vinegar,** salt, sugar, peppercorns, mustard seeds, coriander seeds, and peppers in a saucepan and bring to a boil. Pour the hot brine and spices into the jars with the beans.

**Cover the jars** with lids and screwbands. Let cool to room temperature, then refrigerate. The beans need 2 to 3 days to develop their best flavor. They will keep in the refrigerator for up to 3 weeks.

SPICY

# PICKLED OKRA



| | | |
|---|---|---|
| ACTIVE TIME<br>**30 MINS**<br>TOTAL TIME<br>**35 mins**<br>PLUS 2-DAYS PICKLING TIME | SERVES<br>**6 - 8** | CREOLE COAST |

**OKRA PLANTS ARE BEAUTIFUL** growing in a garden and look much like their botanical relative, the hibiscus. They are at their peak in the South in the late summer and early fall, when an abundance of green pods appears. That's also a good time to prepare a batch or two of these hot and spicy okra pickles.

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**CHEF'S NOTE**

For the best results when pickling, use only kosher salt or pickling salt.

**2 pounds okra**
**6 garlic cloves**
**10 red Thai peppers**
**½ cup pearl onions, peeled**
**2 cups distilled white vinegar**
**1 cup water**
**2 tablespoons kosher or pickling salt**
**1 tablespoon sugar**
**1 teaspoon ground turmeric**
**1 tablespoon yellow mustard seeds**

**1 tablespoon coriander seeds**

**1 teaspoon celery seeds**

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**Prepare a 1-quart Mason jar,** lid, and screwband by throughly washing and drying them (or use two or three 1-pint jars).

**Leave the okra pods intact.** Peel the garlic cloves, cut them in half lengthwise, and remove any green sprouts. Set aside. Split the peppers in half lengthwise. Set aside separately.

**Fill the jar with the okra,** placing the first layer stem-side down and the next layer stem-side up. (This will maximize the number of okra pods that will fit in the jar.) Between each layer of okra, add the garlic, Thai peppers, and pearl onions. Fill the jar just past its shoulders, or about 2 inches from the lip.

**In a small stainless steel pot,** combine the vinegar, water, salt, sugar, turmeric, and mustard, coriander, and celery seeds. Bring to a boil, reduce to a simmer, and cook for 3 minutes.

**While the brine is still hot,** pour it into the jars, fully covering the okra and filling to within ¼ inch of the lip. Insert a thin knife into the jar and gently stir two or three times to ensure that no air bubbles remain. Close the jar with the lid and screwband. Let cool to room temperature, then refrigerate. Pickled okra needs 2 to 3 days to develop flavor and can be held in the refrigerator for up to 3 weeks.

# CHOW-CHOW



MAKES
**2 QUARTS**

ACTIVE TIME
**35 MINS**

**AGRICULTURAL SOUTH**

TOTAL TIME
**1 DAY**
PLUS REFRIGERATE OVERNIGHT

**IN HER 1881 BOOK *WHAT MRS.*** *Fisher Knows about Old Southern Cooking*, Abby Fisher, a former slave who became a pickle and preserve maker in San Francisco (see this page), included two recipes for chow-chow. One is traditional and calls for cabbage, and the other is called Creole chow-chow and uses green tomatoes.

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**CHEF'S NOTE**

The Café's chow-chow uses both cabbage and green tomato to create a condiment that can be a side dish at a picnic or barbecue or a topping for a burger or sandwich.

**2 cups Videlia or other sweet onion, finely diced**
**1 cup green bell pepper, finely diced**
**1 cup red bell pepper, finely diced**
**1 jalapeño pepper, seeded and finely chopped**
**½ head green cabbage, ribs removed and finely diced**
**4 cups cored green tomatoes, finely diced**
**⅓ cup kosher salt**
**1½ cups sugar**
**1 tablespoon ground turmeric**
**2 tablespoons yellow mustard seeds**

**1 tablespoon black mustard seeds**

**1 teaspoon celery seeds**

**3 whole cloves**

**¼ teaspoon red pepper flakes**

**4 cups distilled white vinegar**

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THE NIGHT BEFORE

**Put the onion,** green and red bell peppers, jalapeño, cabbage, and tomatoes in a large stainless steel bowl. Add the salt and mix until the salt is well distributed throughout the vegetables. Cover and refrigerate overnight.

THE NEXT DAY

**Prepare two (1-quart) Mason jars,** lids, and screwbands by throughly washing and drying them.

**Transfer the marinated vegetables** to a colander and allow the excess water to drain.

**Combine the sugar,** turmeric, yellow and black mustard seeds, celery seeds, cloves, red pepper flakes, and vinegar in a medium stockpot and bring to a boil over high heat. Reduce the heat and simmer for 5 minutes. Add the drained vegetables to the brine and cook for another 5 minutes.

**Pour the vegetables** and brine into the prepared Mason jars, making sure the vegetables are fully covered with the brine. Close the jars with the lids and screwbands. Let cool to room temperature, then refrigerate. Allow the flavors to mature for 2 to 3 days prior to serving. The pickle will keep in the refrigerator for up to 2 weeks.

# CHARRED PEACH

## AND JALAPEÑO CHUTNEY

| | | |
|---|---|---|
| MAKES ABOUT<br>**1 QT** | ACTIVE TIME<br>**35 MINS**<br>**WESTERN RANGE**<br>TOTAL TIME<br>**1 HR** | |

**WHEN MANY PEOPLE THINK** of peaches, they typically think of Georgia, but the West has its peaches, too, including areas of Colorado where they have been growing the fruit since the nineteenth century. This flavorful chutney combines the juicy sweetness of the fruit with the heat of jalapeño peppers.

**6 ripe peaches**
**1 tablespoon vegetable oil**
**¼ cup Vidalia or sweet onion, diced**
**1 jalapeño pepper, seeded and minced**
**2 tablespoons fresh ginger, peeled and grated**
**½ cup honey, preferably Western wildflower**
**2 tablespoons packed light brown sugar**
**2 tablespoons sherry vinegar**
**2 tablespoons fresh cilantro leaves, chopped**
**1 pinch kosher salt**
**Freshly ground black pepper**

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**Fill a medium stockpot** with water and bring to a boil. Prepare a large bowl of ice water. With a paring knife, cut a quarter-sized X, in the bottom of each peach. Place the peaches in the boiling water

for 30 seconds, then, using a slotted spoon, transfer them to the bowl of ice water.

**Let cool,** then gently remove the skin, cut the peaches in half, and remove the pits.

**Prepare a hot** fire in a charcoal or gas grill or preheat a cast iron skillet over high heat. Once it has become extremely hot, add the peaches, cut-side down, and allow them to char for about 1½ minutes. Once the peaches have developed a rich charred color, remove them and set aside.

**In a large sauté pan,** heat the vegetable oil over medium heat, Add the onion and cook until translucent, about 5 minutes. While the onion is cooking, cut the peaches into 2-inch chunks, preserving the charred bits.

**When the onion is ready,** add the jalapeño and ginger and cook for 1 minute longer. Add the honey and brown sugar, increase the heat to high, and bring quickly to a boil. Stir in the vinegar, reduce the heat to medium, and simmer for 1 minute. Add the peaches and cook for about 5 minutes.

**Remove from the heat,** transfer the peaches and syrup to a bowl, and let cool to room temperature. Once cool, add the cilantro. Season with the salt and pepper.

**Store the chutney** in an airtight container in the refrigerator for up to 5 days.

# DEVILED EGGS



| ACTIVE TIME | MAKES | |
|---|---|---|
| 30 MINS | 2 DOZEN | |
| AGRICULTURAL SOUTH | | |
| TOTAL TIME | | |
| 45 MINS | | |

**WRAPPED IN WAXED PAPER**, deviled eggs journeyed north and west with African Americans leaving the South during the Great Migration. Today, as in the past, they are slipped into fancy deviled-egg plates and set on formal tables and turn up at picnics almost as frequently as ants.

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**CHEF'S NOTE**

The Café adds pimento cheese to the yolk mixture and garnishes the finished eggs with snipped chives and bacon.

**12 large eggs**
**1 teaspoon kosher salt, plus more for seasoning**
**2 teaspoons Dijon mustard**
**1 tablespoon mayonnaise, preferably Duke's**
**2 dashes Tabasco sauce**
**¾ cup Pimento Cheese**
**2 tablespoons snipped fresh chives**
**5 hardwood-smoked bacon slices, fried crisp**

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**Place the eggs in a saucepan** with the 1 teaspoon salt. Add cold water to cover by 1 inch. Bring to a full simmer uncovered. Remove

the pan from the heat, cover, and let stand for 15 minutes. Meanwhile, prepare a large bowl of ice water.

**Using a slotted spoon,** transfer the hard-boiled eggs to the ice water and leave to cool for 10 minutes.

**Peel the eggs** and slice in half lengthwise, removing the yolks to a medium bowl. Set the whites, hollow-side up, on a serving plate.

**With the back of a fork,** mash the cooked yolks into a paste, gradually adding the mustard, mayonnaise, Tabasco sauce, and Pimento Cheese. Stir until well blended.

**Place the yolk filling** in a pastry bag fitted with a large star tip. Pipe the mixture into the egg whites. Garnish each deviled egg with the chives and a small piece of crisp bacon.



Pimento Cheese

# PIMENTO CHEESE

ACTIVE TIME
**20 MINS**

MAKES
**4**

**AGRICULTURAL SOUTH**

TOTAL TIME
**20 MINS**

**AN ICONIC SOUTHERN SNACK** food, pimento cheese turns up everywhere from fancy buffets to informal gatherings. Although the traditional version uses sharp Cheddar, cooks are experimenting with different cheeses and coming up with their own spins on this southern favorite.

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**CHEF'S NOTE**

For best results, use a mayonnaise with no added sugar.

**1 pound cream cheese, at room temperature**

**¾ cup mayonnaise, preferably Duke's**

**¾ cup pimentos, preferably freshly roasted and peeled, or jarred Spanish piquillo peppers, cut into tiny dice**

**1 teaspoon hot sauce**

**½ teaspoon sugar**

**¼ teaspoon smoked paprika (*piminton*)**

**1 pinch cayenne pepper**

**¾ teaspoon kosher salt**

**¼ teaspoon freshly ground white pepper**

**1¼ pounds aged sharp Vermont Cheddar cheese, coarsely grated**

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**In a medium bowl,** stir the softened cream cheese with a stiff whisk until smooth. Add the mayonnaise and continue mixing until both ingredients are fully blended into a uniform consistency.

**Add the pimentos,** hot sauce, sugar, paprika, cayenne, salt, and pepper and mix to blend well.

**Gently fold in the Cheddar** and mix to distribute the cheese evenly. Avoid overmixing; the cheese should remain in coarse pieces.

**Transfer to a container** with a lid. Store in the refrigerator for up to 3 days.

## SEA SALT-SPICED

# COCKTAIL NUTS



| ACTIVE TIME | MAKES | |
|---|---|---|
| **15 MINS** | **4** | |
| **CONTINENTAL UNITED STATES** | | |
| **1 HR** | | |

**THESE MAY BE CALLED** cocktail nuts, but this sweet and spicy mixture tastes just as good when eaten as a between-meal or late-night snack. One of the featured nuts, pecans, is a species of hickory nut native to the southern United States. Pronunciations of this popular nut vary; some people pronounce it “pehcan” and others say “pee-can.” Whatever you call them, they’re delicious, especially in this mix.

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**CHEF’S NOTE**

Benne is another word for sesame seeds.

**½ cup granulated sugar**
**¼ cup packed light brown sugar**
**1 tablespoon sea salt**
**1 tablespoon smoked paprika**
**2 teaspoons ground cinnamon**
**2 teaspoons cayenne pepper**
**1 large egg white**
**1 cup jumbo cashews**
**1 cup whole blanched almonds**
**1 cup jumbo pecan halves**

**½ cup whole blanched hazelnuts**

**½ cup walnut halves**

**¼ cup benne (sesame) seeds**

**1 tablespoon unsulfured molasses**

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**Preheat the oven** to 300°F.

**Line a rimmed baking sheet** with a nonstick silicone mat or parchment paper coated with vegetable-oil cooking spray.

**In a small bowl,** stir together both sugars, salt, paprika, cinnamon, and cayenne. In a large bowl, whisk the egg white until light and frothy. Fold in the cashews, almonds, pecans, hazelnuts, walnuts, benne seeds, sugar-spice blend, and molasses. Toss well until the nuts are fully coated.

**Spread the nuts** in a single layer on the prepared baking sheet. Bake the nuts, stirring occasionally to ensure they are toasting evenly, until they are a rich golden, about 45 minutes.

**Allow the nuts to cool** on the baking sheet, then store in an airtight container at room temperature for up to 3 days.

## CREOLE SPICED

# BOILED PEANUTS



SERVES
**8 to 10**

ACTIVE TIME
**30 MINS**

TOTAL TIME
**8 HRS 30 MINS**

**BOILED PEANUTS ARE AN AUTUMN** treat in the South, with their slippery texture making them something like the local version of edamame. They are especially prized in Charleston, South Carolina, where they were sold by one of the city's last street hawkers, the late Anthony Wright, known as Tony the Peanut Man, who died in 2016. His rhyming cry was a throwback to an earlier generation of African American street vendors.

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### CHEF'S NOTE

It is best to cook these peanuts outdoors, as the cooking process generates a lot of heat. A common turkey fryer kit over a propane burner offers the perfect setup.

**5 pounds fresh green peanuts in the shell**
**½ cup Creole Spice Blend**
**¼ cup kosher salt**
**¼ cup hot sauce**
**3 tablespoons turbinado sugar**
**12 quarts cold water**

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**Sort through the peanuts** to remove any stems and debris. Wash them twice in cold water.

**Transfer the cleaned peanuts** to a large stockpot. Add the Creole Spice Blend, salt, hot sauce, and sugar. Cover with the water, bring to a boil, and boil for about 8 hours. During the cooking process replenish the water as needed to keep the original level.

**The peanuts are done** when they float to the top and are soft and tender to the bite. Scoop them out of the brine and enjoy while hot. You can cook the peanuts a day or two in advance, but they must be immediately cooled and stored in their brine in the refrigerator.

## BLACK-EYED PEA

# HUMMUS

VEGETARIAN

10 MINS PREP

4 TO 6 SERVINGS

TOTAL TIME

**45 mins**

PLUS OVERNIGHT SOAKING OF THE BLACK-EYED PEAS

**HUMMUS, THE TRADITIONAL** Middle Eastern spread of ground chickpeas, garlic, sesame seeds, olive oil, and lemon, is given a southern twist at the Café, where the South's favorite field pea, the black-eyed pea, is swapped in for the traditional chickpea. The result is a deliciously different spread that has a slight crunch of sesame seed and a hint of heat.

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### CHEF'S NOTE

The spread can be prepared and stored in the refrigerator up to two days before serving.

**8 garlic cloves, gently cracked, then peeled**

**2 fresh thyme sprigs**

**1 teaspoon kosher salt**

**½ teaspoon freshly ground black pepper**

**2 tablespoons extra-virgin olive oil**

**1 pound black-eyed peas, cooked from dry or canned (drained and rinsed)**

**1½ tablespoons tahini**

**3 tablespoons freshly squeezed lemon juice**

**⅛ teaspoon cayenne pepper**

**4 tablespoons amber peanut oil or extra-virgin olive oil, plus more for drizzling**

**1 tablespoon toasted benne (sesame) seeds, for garnish**

**Benne Seed Flatbread Crisps, for serving**

**Carrot and celery sticks, for serving**

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THE NIGHT BEFORE

**Sort through the black-eyed peas** to remove any debris and stones. Place the beans in a colander and rinse under cold water. Transfer to a large soup pot and cover with cold water. The water level should reach at least 2 inches above the beans. Leave to soak overnight.

THE NEXT DAY

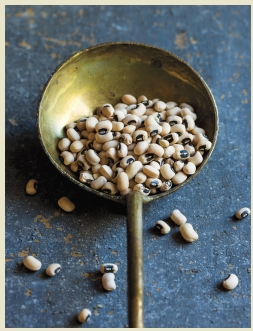
**Preheat the oven** to 375°F.

**Prepare a 6-by-6-inch piece** of aluminum foil. Put the garlic cloves, thyme, salt, pepper, and olive oil in the center of the foil. Fold the foil inward from |all four sides to create a tightly sealed parcel. Place on a baking sheet and bake until the garlic is tender, about 35 minutes.

**Transfer the baked garlic** and olive oil to a food processor (discard the thyme sprigs). Drain and rinse the peas, then transfer to food processor. Add the tahini, lemon juice, and cayenne. Blend until a coarse mixture is formed. Continue blending while adding the peanut oil in a slow, steady stream until a creamy emulsion is formed.

**Adjust the seasoning** with salt and pepper as needed and transfer to a shallow serving bowl. Garnish with the benne seeds and a drizzle of peanut oil. Serve with Benne Seed Flatbread Crisps and carrot and celery sticks.

# PEAS



Few foods are more closely linked with African Americans than the field pea, which is thought to be indigenous to the West African forest-savanna complex. There the peas were planted on the borders of fields to help keep down the weeds and enrich the soil, and cattle grazed on the stems and vines; hence the names “field pea” and “cowpea.” Taken to the Americas during the period of the slave trade, they were growing in the Carolina colonies before the early 1700s, became one of the area’s first cash crops, and were exported to the Caribbean colonies, where they were also prized.

The black-eyed pea is undoubtedly the best known of the field peas, but there are also crowder peas (named for the way that they “crowd” the pod), pinkeyes (so-called for their distinctive pink “eye”), and the prissily named lady peas. Black-eyed peas have become a symbol of good luck in the United States, first among African Americans and then by extension throughout much of the South, where they are traditionally consumed on New Year’s Day, often with rice and ham hock or bacon in Hoppin’ John with a side of greens.

A strong partisan of this West African native, George Washington Carver not only encouraged farmers to cultivate black-eyed peas to fix nitrogen in the soil but also reminded folks that field peas can “be prepared in a sufficient number of ways to suit the most fastidious palate” and provided more than forty recipes to guide them.



Texas Caviar

# TEXAS CAVIAR

VEGETARIAN

20 MINS

WESTERN

RANGE

TOTAL TIME

4 HRS 20 MINS

**ALSO KNOWN AS MARINATED** black-eyed peas, Texas Caviar is the state's version of a marinated bean salad. It consists of only black-eyed peas or of a mix of various beans, minced bell pepper, and corn. Created around 1940, it has become a Lone Star classic and is guaranteed to turn up at many a Juneteenth celebration.

**2½ cups cooked black-eyed peas, preferably from fresh or frozen (rinse and drain well if using canned peas)**

**1 yellow bell pepper, finely diced**

**1 cup cilantro leaves, roughly chopped**

**1 serrano pepper, seeded and finely chopped**

**1 small jalapeño pepper, seeded and finely chopped**

**3 plum tomatoes, seeded and diced**

**6 scallions, white and light green parts, thinly sliced**

**¼ cup red onion, diced**

**¼ cup extra-virgin olive oil**

**¼ cup freshly squeezed lime juice**

**1 teaspoon garlic, finely chopped**

**1 teaspoon ground cumin**

**1 teaspoon kosher salt**

**Freshly ground black pepper**

**Hot sauce, for seasoning**

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**In a large bowl,** combine all the ingredients and gently mix until well blended. Add the cumin and salt. Adjust the seasoning with black pepper and hot sauce to taste. Transfer to the refrigerator to

marinate for a minimum of 4 hours.

**Serve as a side salad** or with tortilla chips.

## SWEET ONION & CORN

# HUSH PUPPIES

## WITH RED PEPPER REMOULADE

MAKES ABOUT
**45 MINS**
**AGRICULTURAL**
**SOUTH**
HUSH PUPPIES
**45 MINS**

**ONE LEGEND HAS IT THAT HUSH** puppies originated as balls of dough made by hunters or fishermen for throwing to dogs to quiet them while food was cooking. A second tale says the small balls of fried cornmeal dough were invented during the Civil War by Confederate soldiers as a way to quiet their dogs to avoid detection. Whatever the story, the fried balls are a perfect snack for humans, especially when served with a red pepper remoulade for dipping.

### RED PEPPER REMOULADE

**1 cup mayonnaise, preferably Duke's**
**¼ cup Dijon mustard**
**¼ cup roasted red pepper, chopped into a paste**
**1 shallot, finely chopped**
**1½ tablespoons prepared horseradish**
**1 tablespoon cider vinegar**
**1 tablespoon fresh flat-leaf parsley, chopped**
**1 teaspoon freshly squeezed lemon juice**
**1 teaspoon Tabasco sauce**
**½ teaspoon smoked paprika**
**½ teaspoon kosher salt**

### SWEET ONION & CORN HUSH PUPPIES

**2 cups white cornmeal, preferably stone-ground**

**2 tablespoons all-purpose flour**

**1 teaspoon kosher salt**

**1 teaspoon baking powder**

**1 teaspoon baking soda**

**1½ cups buttermilk, preferably full fat**

**1 large egg yolk**

**¾ cup Vidalia, or other sweet onion, finely grated, (use a box grater)**

**¼ cup scallion, white and light green parts, thinly sliced**

**¾ cup fresh or frozen corn kernels, cooked**

**3 large egg whites, beaten to stiff peaks**

**2½ cups vegetable oil, for frying**

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### TO MAKE THE RED PEPPER REMOULADE

**Combine all the ingredients** in a medium bowl, whisking to blend well. Cover and store in the refrigerator for up to 3 days.

### TO MAKE THE SWEET ONION & CORN HUSH PUPPIES

**Sift the cornmeal,** flour, salt, baking powder, and baking soda together into a medium bowl. In a small bowl, mix together the buttermilk and egg yolk. Stir the buttermilk mixture into the dry ingredients. Fold in the onion and scallions, mixing gently until all the ingredients are incorporated. Gently fold in the corn kernels followed by the beaten egg whites. Do not overmix or the egg whites will deflate.

**Pour the vegetable oil** into a large cast iron skillet and heat to 350°F on a deep-frying thermometer (or use a tabletop deep fryer). Using a soupspoon or small ice cream scoop, carefully drop spoonfuls of batter into the hot oil, 15 to 18 at a time. Fry until the hush puppies are golden brown, 3 to 4 minutes. Remove them from the fryer with a slotted spoon and place on a plate lined with paper towels to drain excess oil. Serve hot with the Red Pepper Remoulade.

## “CRACKLIN’ ”

# CORN BREAD

| | | |
|---|---|---|
| ACTIVE TIME<br>**15 MINS**<br>**AGRICULTURAL SOUTH**<br>TOTAL TIME<br>**40 MINS** | SERVES<br>**4** | |

**CRACKLINGS, OR CRACKLIN’S, IS** the name for pieces of pork skin that have been deep-fried (or occasionally roasted) to a crisp finish. Also known as pork rinds, they impart a smoked bacon flavor and extra crunch when added to corn bread batter. The corn bread is best served fresh from the oven, as the cracklings can get hard as they cool. In this recipe, bacon has been substituted for the traditional cracklings, which can be difficult to source.

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### CHEF’S NOTE

Artisanal cornmeal and bacon are key to the success of this dish.

**5 ounces high-quality hardwood-smoked bacon, chilled in the freezer for 20 minutes**

**2 cups coarse yellow cornmeal, preferably stone-ground**

**½ teaspoon baking soda**

**½ teaspoon baking powder**

**1½ cups buttermilk, preferably full fat**

**1 large egg**

**1 teaspoon fine sea salt**

---

**Preheat the oven** to 450°F.

**Mince the bacon slices** into very fine pieces. Transfer to a medium skillet over medium heat and cook to render the fat and crisp the bits. Then pour the bacon bits and fat into a strainer, separately reserving both bits and fat. You will need 6 tablespoons bacon fat total. If you have less, make up the difference for the batter with melted butter.

**In a large bowl,** whisk together the cornmeal, baking soda, and baking powder.

**In a separate bowl,** mix together the buttermilk, egg, salt, and 5 tablespoons of the rendered bacon fat.

**Put a 9-inch cast iron skillet** into the hot oven to heat for 8 minutes.

**Using a rubber spatula,** gently fold the buttermilk mixture into the dry ingredients, then add the bacon bits and stir just until fully incorporated. Do not overmix.

**Remove the hot skillet** from the oven and place on the stovetop over high heat. Add the remaining 1 tablespoon bacon fat to the skillet and tilt the skillet until the base is fully coated. Now quickly pour the corn bread batter into the hot skillet and swirl it carefully, evenly distributing it.

**Return the skillet** to the oven and bake for about 20 minutes. To test doneness, insert a toothpick into the center of the corn bread and quickly remove. If it comes out clean, the bread is done. Serve hot and fresh out of the oven.



Johnnycakes

# JOHNNYCAKES

| ACTIVE TIME | SERVES | |
|---|---|---|
| 35 MINS | 4–6 | |
| CONTINENTAL UNITED STATES | | |
| 35 MINS | | |

**THERE ARE MANY KINDS OF** johnnycakes, sometimes called journey cakes or hoecakes. In the South and up and down the Atlantic Seaboard, they are often a cornmeal flatbread. Native Americans originated these hearty cakes, and some food historians believe the word *johnnycake* comes from the colonial pronunciation of Shawnee cake.

**2 cups white cornmeal, preferably stone-ground**
**1 teaspoon kosher salt**
**¼ teaspoon baking powder**
**½ teaspoon sugar**
**1 cup water**
**1 cup whole milk**
**Unsalted butter and favorite syrup, for serving**

---

**Sift the cornmeal,** salt, baking powder, and sugar together into a medium bowl.

**Combine the water** and milk in a small saucepan and bring to a simmer. Once heated, immediately remove from the heat and whisk into the cornmeal mixture, stirring until the batter is smooth.

**Grease a large cast iron skillet** or hoecake pan with butter or

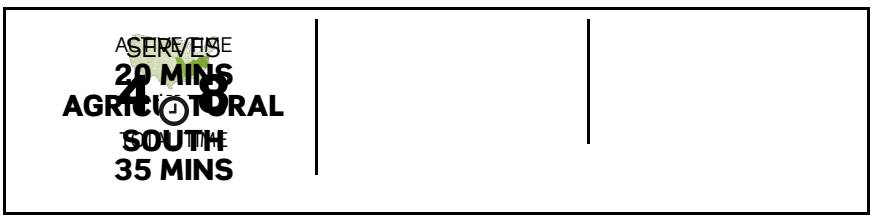
bacon drippings and preheat over medium heat. Spoon the batter onto the hot skillet, forming 3-inch cakes and being careful not to crowd the pan. Cook, turning once, until golden brown, 3 to 4 minutes per side. Transfer to a platter and keep warm. Repeat with the remaining batter, greasing the skillet as needed.

**Serve hot** with butter and syrup.

## HOT WATER

# CORN BREAD






**HOT WATER CORN BREAD IS** a quick way to turn out a batch of corn bread. The simple cornmeal mixture is shaped into cakes, which are then traditionally fried for just minutes in a cast iron skillet.

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**CHEF'S NOTE**

For a lighter corn bread, reduce the amount of cornmeal by ¼ cup and substitute the same amount of all-purpose flour. For a fuller flavor, use bacon drippings for the vegetable oil.

**1½ cups cold water**
**2 cups white cornmeal, preferably stone-ground**
**2 teaspoons kosher salt**
**2 tablespoons butter, melted, plus more for serving**
**3 to 4 tablespoons vegetable oil**

---

**Pour the water** into a pot and bring to a boil.

**Put the cornmeal** and salt in a medium bowl. Pour the boiling water over the cornmeal, add the melted butter, and stir well until a batter is formed. Allow the cornmeal to cool until you can

comfortably handle it. Then, using your hands, form into patties about 3 inches in diameter and ¾ inch thick.

**Pour the vegetable oil** into a 10-inch cast iron skillet and heat over medium heat. When the oil is hot, place the corn cakes in the pan and cook until a golden brown crust forms, 2 to 3 minutes. Then flip each corn cake over and cook the other side for 2 to 3 minutes longer, until golden brown.

**Transfer to a platter lined** with paper towels to drain off excess oil and keep warm. Repeat with the remaining corn cakes.

**Serve the corn** bread hot with butter.

YELLOW

# CORN BREAD



ACTIVE TIME
**10 MINS**
**AGRICULTURAL SOUTH**
**40 MINS**

**CORN IS A NATIVE AMERICAN** gift to African American cooking. Here, the two cultures combine with European tradition in this popular southern hot bread. Many a conversation has broken down over whether or not sugar should be added to the batter. At the Café, a bit of sugar is included. Remember, though, it's corn bread, not cake.

**½ cup (1 stick) unsalted butter**
**1½ cups all-purpose flour**
**1 cup coarse yellow cornmeal, preferably stone-ground**
**2 teaspoons fine sea salt**
**2 teaspoons baking powder**
**¼ teaspoon baking soda**
**1¼ cups buttermilk, preferably full fat**
**1 large egg**
**¼ cup sugar**

---

**Preheat the oven** to 400°F. Butter a 9-inch cast iron skillet or 8-by-8-inch baking dish.

**In a large bowl,** whisk together the flour, cornmeal, salt, baking

powder, and baking soda.

**Melt the butter** and let cool slightly. Then, in a medium bowl, whisk the buttermilk, egg, sugar, and melted butter until well blended.

**Using a rubber spatula,** fold the buttermilk mixture into the dry ingredients and blend together. Do not overmix. Pour the batter into the prepared pan.

**Bake for 20 to 25 minutes.** To test doneness, insert a toothpick into the center of the corn bread and quickly remove. If it comes out clean, the bread is done. Serve warm.

# BUTTERMILK

## BISCUITS

MAKES ABOUT
**8**

ACTIVE TIME
**20 MINS**

**AGRICULTURAL SOUTH**

TOTAL TIME
**35 MINS**

**BISCUITS ARE A STAPLE OF THE** Southern bread basket. Slathered with butter and sorghum or cane syrup at breakfast or dripping with melted butter at other meals, the best buttermilk biscuits—light, tender, and extra flaky—are the test of a good baker.

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**CHEF'S NOTE**

For a true Southern-style biscuit, use a low-gluten white flour such as White Lily. Lard will provide old-style flavor, but butter can be substituted.

**2 cups self-rising white flour**

**¼ teaspoon kosher salt**

**4 tablespoons cold lard or butter, cut into small dice**

**¾ cup buttermilk, plus up to ¼ cup if needed, preferably full fat**

**2 tablespoons butter, melted**

---

**Preheat the oven** to 450°F. Line a baking sheet with parchment paper.

**In a large bowl,** combine the flour and salt. Using a pastry blender or two knives cut the lard into the flour mixture until coarse, pea-sized crumbs form. Moisten the flour mixture with the buttermilk, stirring and lightly tossing, just until the mixture pulls together into a dough. If the dough is too dry, add up to ¼ cup more buttermilk.

**Turn the dough** out onto a floured surface and knead it four times until smooth, being careful not to overmix. Lightly dust a rolling pin with flour and roll out the dough ¾-inch thick. Dust a 2- to 3-inch round biscuit cutter with flour and cut out rounds from the dough.

**Transfer the biscuits** to the prepared baking sheet, placing them about ¼ inch apart. (This placement will yield a soft, tender biscuit, as it keeps the biscuits from becoming crispy on the sides.)

**Bake for 10 to 12 minutes,** until risen and golden brown. Remove from the oven and brush the tops with the melted butter. Serve the biscuits hot.

# DROP BISCUITS

MAKES
**12**

ACTIVE TIME
**25 MINS**

**CONTINENTAL**
**UNITED STATES**

TOTAL TIME
**40 MINS**

**THESE BISCUITS ARE SO QUICK** and easy—the dough is simply stirred together in a bowl and then dropped onto a baking pan—they are sometimes called “emergency biscuits.”

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**CHEF’S NOTE**

For easy cleanup, be sure to line the baking sheet with parchment paper.

**4 cups all-purpose flour**

**2 teaspoons fine sea salt**

**2 tablespoons baking powder**

**1 cup (2 sticks) unsalted butter, cut into small dice, plus 4 tablespoons, melted, for brushing**

**2 cups whole milk**

---

**Preheat the oven** to 400°F. Line a baking sheet with parchment paper.

**Sift the flour,** salt, and baking powder into a large mixing bowl. Using a pastry blender or two knives, cut the diced butter into the flour mixture until coarse, pea-sized crumbs form.

**With a rubber spatula,** fold in the milk and gently mix until fully absorbed and a wet dough has formed.

**Using a large kitchen spoon** or scoop, distribute the dough into 12 portions on the prepared baking sheet, placing them about ¾ inch apart.

**Bake for about 12 minutes,** until golden brown. Remove from the oven and brush the tops with the melted butter. Serve the biscuits hot.



Sweet Potato Biscuits

# SWEET POTATO

## BISCUITS

ACTIVE TIME
**30 MINS**

MAKES
**10**

**AGRICULTURAL SOUTH**

TOTAL TIME
**1 HR**

**MASHED SWEET POTATOES AND** sorghum (or dark maple syrup) add sweetness and texture to these biscuits, an old southern specialty. Thomas Jefferson enjoyed an early version of these biscuits in 1774, when they were served at the First Continental Congress, and perhaps James Hemings, his enslaved chef, made them for him after that.

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**CHEF'S NOTE**

The sweet potatoes should be baked, peeled, and mashed the night before and then refrigerated overnight. Chilling the butter in the freezer makes it easier to work into the dry ingredients.

**2¼ cups all-purpose flour**

**1 tablespoon baking powder**

**½ teaspoon baking soda**

**1 teaspoon fine sea salt**

**1 pinch freshly grated nutmeg**

**½ teaspoon ground cinnamon**

**¾ cup mashed sweet potatoes, cold**

**¼ cup sorghum syrup, molasses, or dark maple syrup**

**¾ cup full fat buttermilk, plus more for brushing**

**8 tablespoons (1 stick) unsalted butter, cut into small cubes and chilled in freezer for 15 minutes**

---

**Preheat the oven** to 450°F. Line a baking sheet with parchment paper.

**Sift the flour,** baking powder, baking soda, salt, nutmeg, and cinnamon into a large bowl.

**In a medium bowl,** mix the mashed sweet potatoes with the sorghum and buttermilk until smooth and creamy. Set aside.

**With a pastry blender** or two knives, cut the butter into the flour mixture until fully incorporated and a coarse, mealy consistency forms.

**Make a well** in the center of the flour–butter mixture. Pour the sweet potato mixture into the well. With a rubber spatula, begin folding it into the dry ingredients. Mix just to the point that a dough forms. Do not overmix.

**Turn out the dough** on to a floured surface and roll out 1-inch thick. Dust a 2-inch round biscuit cutter with flour (use a 1½- or 2-inch cutter for cocktail-size biscuits), and cut out the biscuits. Transfer them to the prepared baking sheet, spacing them about 1 inch apart.

**Brush the tops** of the biscuits with buttermilk. Bake for 14 to 18 minutes, until golden brown. Serve the biscuits hot.

# ROTI

| | | | |
|---|---|---|---|
| VEGETARIAN<br>50 MINS<br>CULINARY<br>COLLINS<br>TOTAL TIME<br>1 HR 50 MINS | | | |

**ROTI, WHICH COMES FROM THE** Sanskrit word for bread, is a flatbread from India that harks back to the early days of the Indus Valley civilization, when farmers grew wheat and other grains. It traveled to the Caribbean and South America with indentured Indian servants, and today is especially prized in Trinidad and Tobago and Guyana, where it is not only the name of a favorite local dish but also of the flatbread wrapper that surrounds it.

**⅓ cup warm water (100° to 110°F)**
**¼ teaspoon sugar**
**1 teaspoon active dry yeast**
**2 cups all-purpose flour**
**1 teaspoon ground turmeric**
**½ teaspoon ground cumin**
**½ teaspoon salt**
**½ teaspoon freshly ground black pepper**
**2 tablespoons butter, divided**

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**In a small bowl,** combine the warm water, sugar, and yeast and let rest until the mixture bubbles, about 5 minutes.

**In a large bowl,** combine the flour, turmeric, cumin, salt, and pepper. Gradually pour the yeast mixture into the flour mixture,

stirring with a wooden spoon until a slightly firm dough forms. If the dough is too dry, add a little warm water to bring the dough together.

**Knead the dough** until smooth and elastic, then transfer back into the bowl and cover with a damp cloth. Set aside in a warm place to rise until doubled in size, about 1 hour.

**Divide the dough** into eight equal pieces. On a lightly floured surface, roll out each piece into a 6-inch circle.

**In a 10-inch sauté pan,** melt ¾ teaspoon of the butter over medium-high heat. Add a dough circle and fry, turning once, until golden brown, 2 to 3 minutes per side. Transfer to a plate and keep warm. Repeat with the remaining dough circles and butter.

**Serve warm** (within 30 minutes of making) and fill with Trini Doubles.

BENNE SEED

# FLATBREAD CRISPS



| ACTIVE TIME | | |
| --- | --- | --- |
| 30 MINS | MAKES 12 | |
| AGRICULTURAL SOUTH | | |
| TOTAL TIME | | |
| 1 HR | | |

**THIS CRISP, GOLDEN BROWN,** wafer-like flatbread, made from a simple mixture of flour, cornmeal, and sesame seeds, is a wonderful addition to any bread basket. It can also double as a chip or crisp for dips and spreads and is good alongside cheese.

**1⅓ cups all-purpose flour**
**1⅓ cups finely milled corn flour**
**3 tablespoons benne (sesame) seeds**
**1 teaspoon fine sea salt**
**¾ cup lukewarm water**
**2 tablespoons extra-virgin olive oil, plus more for brushing**
**2 tablespoons kosher salt, divided**

---

**In a medium bowl,** whisk together the flour, corn flour, benne seeds, and sea salt until well blended. Transfer the mixture to the bowl of a stand mixer with a dough hook attachment. Set the mixer at low speed and turn it on.

**Slowly pour the lukewarm water** and 2 tablespoons olive oil into

the flour mixture and mix until fully absorbed and a dough has formed. With the mixer on its lowest setting, knead the dough for 3 minutes. Remove the dough from the bowl and tightly wrap in plastic wrap. Let rest for 20 minutes.

**Preheat the oven** to 450°F. Line several baking sheets with parchment paper. If you have half sheet pans, each pan will hold 2 flatbreads.

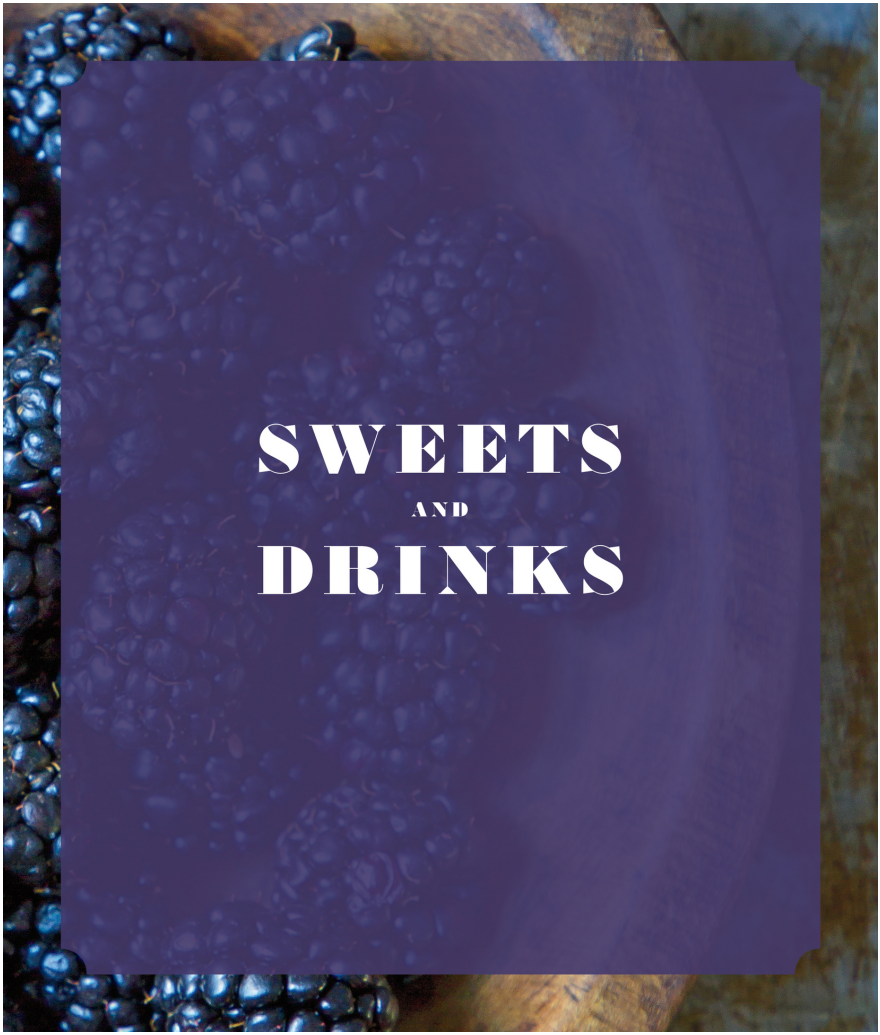
**On a floured work surface,** divide the dough into 12 equal pieces and form them into balls. Using a rolling pin, roll out each ball as thinly as possible into an 8-by-4-inch rectangle, being careful there are no holes in the dough.

**Transfer 1 or 2 dough rectangles** (depending on the size of the pan) to each prepared baking sheet, and brush with olive oil. Lightly sprinkle the surface with the kosher salt. If making several batches, (be sure to let a baking sheet cool completely before placing an unbaked flatbread on it.)

**Place a baking sheet** in the oven and bake untilthe flatbread is golden brown and crisp, about 4 minutes. Transfer the bread to a wire rack to cool. Repeat until all the flatbreads are baked.

**Break the flatbreads** into large pieces before serving.




SWEETS
AND
DRINKS

# SWEETS AND DRINKS

**Feature: Northern States**

Basic Pie Crust

Chocolate Chess Pie

Sweet Potato Pie

Bourbon Pecan Pie

Lemon Meringue Pie

Lemon Curd Blueberry Tart

Fried Apple Hand Pies

High Mesa Peach & Blackberry Cobbler

Buttermilk Tea Cakes

Molasses Rum Raisin Cake

Joe Froggers

Lemon-Glazed Pound Cake

Charleston Pecan Chewies

Red Velvet Cake

Banana Pudding

Peanut Brittle

Pralines

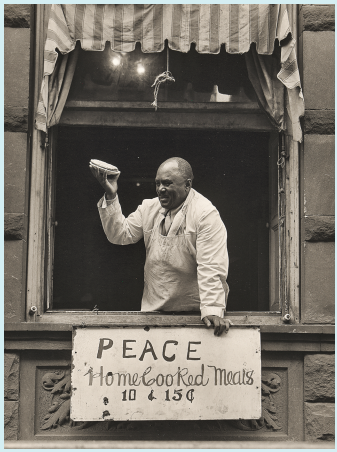
Hibiscus & Ginger Sweet Tea

Sparkling Watermelon & Lemon Verbena

Sweet Cherry Lemonade




*Grocery Store, 14th & U Streets*, Washington, DC, ca. 1940. Photograph by Robert H. McNeill.




*Peace Meals*, ca. 1937; printed 1981. From the series *Harlem Document*. Photograph by Aaron Siskind.



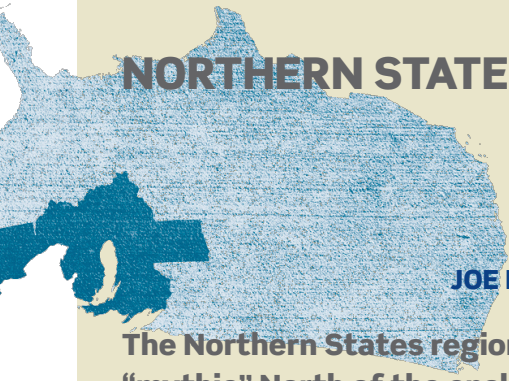
**FRIED APPLE HAND PIES**



## RED VELVET CAKE



Two couples seated at a table, 1944.



# NORTHERN STATES



**JOE FROGGERS**

**The Northern States region, which includes not only the "mythic" North of the enslaved but also the North of the Great Migration, stretches from the Eastern Seaboard to Chicago and parts of the Midwest. Some of its African American neighborhoods date to colonial times, others were settled during the migrations of the nineteenth and twentieth centuries, and still others are of more recent vintage.**

From colonial times onward, African Americans in the North have used food service as a vehicle for upward mobility. In 1736, the year of his emancipation, Emmanuel "Manna" Bernoon, a free black in Providence, Rhode Island, opened an oyster and alehouse, that city's first. Bernoon's connection with oysters is not surprising, as African American oystermen were notable throughout the coastal regions. New York's Thomas Downing, for example, earned a fortune with his knowledge of aquaculture (see this page).

Anne Hampton Northup, the wife of Solomon Northup of *Twelve Years a Slave* fame, worked as a cook at the United States Hotel in Saratoga Springs, New York, and garnered high praise for her culinary skills. In 1853, the same town may have given the world the potato chip when George Crum, an African American chef, produced chips more thinly sliced and crispier than the British game chip.

African American waiters and butlers for hire were the

standard in early-nineteenth-century Philadelphia. The catering companies they established rose to such great prominence that historian W. E. B. DuBois called them “as remarkable a trade guild as ever ruled in a mediaeval city.”

In the era before supermarkets, northern food hawkers kept their patrons well served with delicacies. African American women in Philadelphia sold a local version of gumbo, a spicy pepper pot stew. In Baltimore, street vendors called arabbers, many of whom were African American, peddled fruits and vegetables from horse-drawn wagons even into the twenty-first century.

The first known African American cookbook also comes from this region. In 1866, Malinda Russell, a free woman of color, published *A Domestic Cook Book: Containing a Careful Selection of Useful Receipts for the Kitchen* in Paw Paw, Michigan, a work that reflects both the tenacity and the culinary inventiveness of African Americans in the Northern States.



**THOMAS DOWNING’S NYC OYSTER PAN ROAST**




Egg carton from Muslim Farms, 1968.




***Pushcart Market*, 1930s. Brownsville, Brooklyn, New York. Photograph by Joe Schwartz.**



*The Mother's Counsel of True Light Church Baptist enjoys the repast after the Annual Woman's Day program, Chicago, Illinois*, 2005. Photograph by Jason Miccolo Johnson.

# BASIC PIE CRUST

| ACTIVE TIME | MAKES | |
|---|---|---|
| 20 MINS | 1 | |
| CONTINENTAL (UNITED STATES) | | |
| 1 HR 30 MINS | | |

**THE TEST OF A GOOD PIE IS** a light, tender, flaky crust. To guarantee that result, use pastry flour and make sure your work surface and the dough is as cold as possible when you are rolling it out. Also, when making the dough, chill the water with ice cubes so the dough stays cold as you mix it.

**1 cup pastry flour**
**½ teaspoon fine sea salt**
**½ cup cold unsalted butter, cut into ¼-inch cubes**
**2 tablespoons ice water**

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**Sift the flour and salt** into a large bowl. Using a pastry blender or two knives, cut the butter into the flour until the mixture is the consistency of pea-sized crumbs. Slowly add the cold water 1 teaspoon at a time, mixing just until a lightly moist dough is formed. The amount of water needed can vary; it can be more or less than the full amount.

**Divide the dough** in half and form into two balls. Tightly wrap each ball in plastic wrap and place in the refrigerator until needed. The dough should rest for at least 1 hour.

**When ready to use,** remove the dough from the refrigerator, allow to rest for 10 minutes, and unwrap. On a lightly floured surface, roll

out the dough as directed in individual recipes. For the best results, always work with cold dough.

### TO BLIND BAKE A PIE OR TART CRUST

**Line the pie dish** or tart pan with dough and refrigerate as directed in individual recipes. Preheat the oven to 325°F. Using a fork, prick the base of the pastry shell evenly across its surface about 25 times. Line the shell with a 12-inch round of parchment paper and fill with about 2 cups dried beans (the weight of the beans prevents the dough from puffing up in the oven).

**Place the pie dish** or tart pan on a baking sheet and bake the crust until lightly golden and fully set, 15 to 20 minutes, carefully lifting the edge of the parchment to check the progress. Transfer to a wire rack, remove the beans and parchment, and let cool completely. (Save the beans for blind baking future crusts.)

CHOCOLATE

# CHESS PIE



| ACTIVE TIME | MAKES | |
|---|---|---|
| 15 MINS | 1 | |
| AGRICULTURAL | SOUTH | |
| 3 HRS | | |

**CHESS PIES, WHICH PROBABLY** originated in England, first became a tradition in Virginia, spreading from there to the rest of the South. The classic chess pie has a sweet egg-rich custard filling, with cornmeal (or flour) added to give it its distinctive texture. The custard can also be flavored, typically with lemon, chocolate, or coconut.

**1 (9-inch) Basic Pie Crust**
**1½ cups sugar**
**4 tablespoons unsalted butter, melted**
**¼ cup unsweetened cocoa powder**
**1 teaspoon pure vanilla extract, preferably Bourbon vanilla**
**2 large eggs**
**½ cup evaporated milk**
**1 pinch kosher salt**
**Whipped cream, for serving**

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**Roll out the dough** on a floured surface to a thickness of about ⅜ inch. Line a 9-inch pie dish with the dough, bringing it fully up the sides. Trim off any excess dough and crimp the edge. Place the pie dish in the refrigerator to allow the dough to firm up.

**Preheat the oven** to 350°F.

**In a medium bowl,** combine the sugar, melted butter, cocoa, vanilla, eggs, evaporated milk, and salt. Whisk thoroughly until all the ingredients are well blended.

**Pour the batter into the pie crust** and bake for 35 minutes, until set. Remove from the oven and place on a wire rack to cool completely.

**Serve** with whipped cream.



Sweet Potato Pie

# SWEET POTATO PIE




**IF IT IS THANKSGIVING IN** an African American household, the pie at the center of the dessert spread is more likely made from sweet potato than pumpkin. This connection to sweet potatoes probably goes back to a time when the tubers were the only sweet treat available to many Southerners.

### Basic Pie Crust

**3 medium sweet potatoes (about 1½ pounds)**
**½ cup (1 stick) unsalted butter, at room temperature**
**1¼ cups sugar**
**1 teaspoon ground cinnamon**
**½ teaspoon freshly grated nutmeg**
**¼ teaspoon ground allspice**
**2 teaspoons finely grated lemon zest**
**1 pinch kosher salt**
**2 large eggs**
**1 teaspoon Bourbon vanilla extract**
**1 tablespoon freshly squeezed lemon juice**
**Whipped cream, for serving**

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**Put the sweet potatoes** in a medium saucepan, cover with water, and bring to a boil over high heat. Boil until fork-tender, about 25 minutes. Drain and let cool to room temperature.

**Roll out the dough** on a floured surface to a thickness of about ⅜

inch. Line a 9-inch pie dish with the dough, bringing it fully up the sides. Trim off any excess dough and crimp the edge. Place the pie dish in the refrigerator to allow the dough to firm up.

**Preheat the oven** to 375°F.

**When the sweet potatoes have cooled,** peel them and place the flesh in the bowl of a stand mixer. Using the paddle attachment, beat the potatoes until smooth. Next pass the mashed sweet potatoes through a strainer to remove any stringy fibers. Reserve the potatoes. Wipe the bowl and paddle clean and return to the mixer.

**Add the butter and sugar** to the mixer bowl and cream on medium speed, until light and fluffy, about 2 minutes. Add the cinnamon, nutmeg, allspice, lemon zest, and salt. Mix for another 30 seconds. Then, with the mixer speed set to low, add one egg at a time along with the vanilla extract and lemon juice, beating until fully incorporated. Finally, add the pureed sweet potatoes and mix for 1 minute longer.

**Pour the sweet potato mixture** into the pie crust. Bake for 40 to 60 minutes, until set. To check for doneness, insert a clean toothpick into the center of the pie and quickly remove it; if it comes out clean, the pie is done. Remove from oven and place on a wire rack to cool completely.

**Serve** with whipped cream.



Bourbon Pecan Pie

BOURBON

# PECAN PIE



| ACTIVE TIME | MAKES | |
|---|---|---|
| 30 MINS | 1 | |
| AGRICULTURAL | | |
| SOUTH | | |
| 3 HRS | | |

**THE PECAN TREE, WHICH TAKES** its name from an Algonquin word, is native to the American South. Bourbon, distilled from corn, especially in Bourbon County, Kentucky, is the South's favorite brown liquor. Here, this prized American nut is paired with America's most celebrated homegrown spirit to produce a dessert that is 100 percent southern and 100 percent delicious.

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**CHEF'S NOTE**

For best results, use only pure vanilla extract and the best aged bourbon.

**Basic Pie Crust**

**1¼ cups packed light brown sugar**

**¾ cup light corn syrup**

**4 tablespoons unsalted butter**

**5 tablespoons aged Kentucky bourbon**

**½ teaspoon fine sea salt**

**3 large eggs**

**1 tablespoon pure vanilla extract, preferably Bourbon vanilla**

**Scant 2 cups jumbo pecan halves (about 7 ounces)**

**Whipped cream or vanilla ice cream, for serving**

---

**Roll out the dough** on a floured surface to a thickness of about ⅜ inch. Line a 9-inch pie dish with the dough, bringing it fully up the sides. Trim off any excess dough and crimp the edge. Place the pie dish in the refrigerator to allow the dough to firm up.

**Preheat the oven** to 325°F.

**Combine the sugar,** corn syrup, butter, bourbon, and salt in a saucepan and bring to a boil over medium heat, stirring to dissolve the sugar. Reduce to a simmer and cook for 2 minutes. Remove from the heat and let the mixture cool to lukewarm.

**In a medium bowl,** whisk the eggs and vanilla together and then add the cooled bourbon syrup mixture. Continue whisking until fully incorporated.

**Place the pecans** in a single layer on a baking sheet lined with parchment paper and bake for 5 minutes. Be careful not to let them burn. This will give the pecans a toasted flavor. Allow to cool.

**Raise the oven temperature** to 375°F. Remove the pie dish from the refrigerator and fill it with the cooled pecans. Pour over the bourbon syrup mixture, completely covering the pecans.

**Bake for 10 minutes,** reduce the temperature to 325°F, and continue to bake for about 40 minutes, until set. Remove from the oven and place on a wire rack to cool completely.

**Serve each slice** with whipped cream or a scoop of ice cream.

LEMON

# MERINGUE PIE



| ACTIVE TIME | MAKES | |
|---|---|---|
| 20 MINS | 1 | |
| CONTINENTAL | | |
| UNITED STATES | | |
| 10 HRS 30 MINS | | |

**THE TART TASTE OF LEMONS HAS** been featured in desserts since medieval times. In the South, making lemon curd, lemon chess pie, lemon pound cake, lemon bars, and more is common. Here, the versatile citrus fruit turns up in a tart yet sweet lemon meringue pie.

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**CHEF'S NOTE**

Meringue is sensitive to weather and should be prepared only on low-humidity days to keep it from "weeping."

## Basic Pie Crust

**FILLING**

**1¼ cups sugar**

**½ teaspoon kosher salt**

**1½ cups water, divided**

**1 tablespoon plus ¾ teaspoon finely grated lemon zest**

**⅓ cup cornstarch**

**4 large egg yolks**

**6 tablespoons unsalted butter**

**½ cup freshly squeezed lemon juice, preferably from Meyer**

**lemons**

**MERINGUE**

**3 large egg whites**
**½ teaspoon Bourbon vanilla extract**
**1 pinch kosher salt**
**¼ cup sugar**
**⅛ teaspoon cream of tartar**

---

**TO MAKE THE CRUST**

**Roll out the dough** on a floured surface to a thickness of about ⅜ inch. Line a 9-inch pie dish with the dough, bringing it fully up the sides. Trim off any excess dough and crimp the edge. Place the pie dish in the refrigerator for 30 minutes to firm up the dough, then blind bake the crust as directed on this page.

**TO MAKE THE FILLING**

**In a medium saucepan,** combine the sugar, salt, 1 cup of the water, and lemon zest and bring to a boil, stirring to dissolve the sugar. In a small bowl, whisk together the remaining ½ cup water and the cornstarch until dissolved. Add the cornstarch mixture to the boiling sugar mixture and whisk until thickened. Remove from the heat. In a medium bowl, whisk the egg yolks until blended. Slowly add about ½ cup of the hot mixture while whisking constantly. Then pour into the saucepan. Cook for 1 minute on low heat, stirring constantly. Remove from the heat, and whisk in the butter and lemon juice until smooth. Pour the filling into the prebaked pie crust and let cool.

**TO MAKE THE MERINGUE**

**Preheat the oven** to 375°F.

**Use an electric mixer** to whip the egg whites, vanilla, salt, sugar, and cream of tartar until stiff, firm peaks have formed. Spoon the meringue into a pastry bag fitted with a star tip and pipe generously onto the cooled filling.

**Bake the pie** for 8 to 10 minutes, until the meringue has set and is

golden. Let cool completely on a wire rack, then chill in the refrigerator for 6 to 8 hours before serving.

LEMON CURD

# BLUEBERRY TART

| ACTIVE TIME | MAKES | |
|---|---|---|
| **10 MINS** | **1 9-INCH TART** | |
| **AGRICULTURAL SOUTH** | | |
| **5 HRS** | | |

**IN NEW ORLEANS AND OTHER** parts of the South, where citrus trees are commonly grown in backyards, cooks faced with a bumper crop of lemons begin to make batches of lemon curd. The curd can be used as a spread on cakes or cupcakes, or it can be mixed with other ingredients, such as the blueberries in this lovely tart.

**Basic Pie Crust**

**4 large eggs**

**1½ cups sugar**

**⅓ cup heavy cream**

**1½ tablespoons finely grated lemon zest**

**1 pinch kosher salt**

**1 cup freshly squeezed lemon juice, preferably from Meyer lemons**

**1 pound blueberries**

---

**Roll out the dough** on a floured surface to a thickness of about ⅜ inch. Line a 9-inch tart pan with a removable bottom with the

dough, bringing it fully up the sides and trimming off the excess flush with the rim. Place the tart pan in the refrigerator for 30 minutes to firm up the dough, then blind bake the crust as directed on this page.

**Preheat the oven** to 350°F.

**In a mixing bowl,** whisk the eggs, sugar, cream, lemon zest, salt, and lemon juice until well blended.

**Arrange the blueberries** in an even layer in the prebaked pie crust. Pour the lemon-egg mixture over the berries to fill the crust.

**Bake for 25 minutes,** until set. Remove from the oven, transfer to a wire rack to cool, then chill in the refrigerator for 3 to 4 hours before serving. To unmold the tart, place the tart pan on an overturned bowl or glass and gently slide the pan ring downward. Using a wide spatula, carefully slide the tart off the pan bottom onto a serving plate.



Fried Apple Hand Pies

## FRIED APPLE

# HAND PIES



ACTIVE TIME
**40 MINS**
**CONTINENTAL**
**UNITED STATES**
**1 HR 20 MINS**

MAKES
**15**

**A FRIED HAND PIE, OR SWEET** turnover, is a traditional grab-'em-and-go food that is perfect for school lunches or summer picnics

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### CHEF'S NOTE

For a more flavorful pie crust, substitute lard for the vegetable shortening. Frying the pies in peanut oil will also enhance their flavor. The Café makes an apple filling, but any fruit pie filling can be used.

### APPLE FILLING

**3 tablespoons unsalted butter**
**6 apples, peeled, cored, and sliced**
**⅓ cup granulated sugar**
**1½ teaspoons ground cinnamon**
**¼ teaspoon freshly grated nutmeg**
**¼ teaspoon sea salt**
**⅛ teaspoon ground allspice**
**1 pinch ground cloves**
**¼ cup golden raisins**
**2 tablespoons all-purpose flour**

**1½ teaspoons Bourbon vanilla extract**

**DOUGH**

**2 cups all-purpose flour**
**1 teaspoon baking soda**
**½ teaspoon salt**
**1 teaspoon granulated sugar**
**½ cup vegetable shortening or lard**
**2 tablespoons ice water, plus more if needed**
**4 cups peanut oil or vegetable oil**
**½ cup confectioners' sugar**

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### TO MAKE THE APPLE FILLING

**In a large sauté pan** over medium heat, melt the butter and cook the apples with the sugar, cinnamon, nutmeg, salt, allspice, and cloves for 2 to 3 minutes.

**Next add the raisins,** flour, and vanilla and mix well until the apple slices are evenly coated. Reduce the heat and cook for 2 minutes longer, until the apples are soft. Remove from the heat, transfer to a bowl, and refrigerate until fully cooled.

### TO MAKE THE DOUGH

**Sift the flour** and baking soda into a large bowl. Mix in the salt and sugar. Using a pastry blender or two knives, cut the shortening into the flour mixture until the mixture is the consistency of coarse pea-sized crumbs.

**Add the ice** water to the flour mixture and mix just until the dough begins to hold together (add more water if needed). Be careful not to overmix. Shape the dough into a ball, wrap in plastic wrap, and refrigerate for 30 minutes.

### TO MAKE THE HAND PIES

**On a lightly floured surface,** roll out the dough ¼-inch thick. Using a pastry cutter about 4 inches in diameter, cut out 10 circles.

**Place about 3 tablespoons** of the apple filling onto one-half of each pastry circle. Moisten the edges of the pastry lightly with water and fold the other half of the pastry over the filling. Press the edges of the dough together firmly to seal. Dip the tines of a fork in flour and press gently along the sealed side of the pie to create a crimped edge.

**In a heavy-bottomed stockpot** or deep cast iron skillet, heat the oil until it reads 350°F on a deep-frying thermometer. Working in batches to avoid crowding, add the pies to the hot oil and fry until crisp and golden brown, 3 to 4 minutes.

**While the pies are frying,** prepare a baking sheet lined with several layers of paper towels.

**Using a slotted spoon,** remove the pies from the oil and transfer to the prepared baking sheet. Allow to cool for a few minutes and then generously dust with the confectioners' sugar. Repeat with the remaining pies. Serve hot or at room temperature.



High Mesa Peach & Blackberry Cobbler

# HIGH MESA PEACH

## & BLACKBERRY COBBLER

SERVES
**4 - 6**

ACTIVE TIME
**10 MINS**
**WESTERN RANGE**
TOTAL TIME
**1 HR 30 MINS**

**IN MOST PARTS OF THE COUNTRY,** a cobbler is a deep-dish fruit dessert topped with a thick drop biscuit or batter crust. In the South, however, a cobbler will sometimes have both a top and bottom crust. Cobbler fillings are usually soupier than pie fillings, with a dense, rich consistency.

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**CHEF'S NOTE**

At the Café, the cobbler has a mixed-fruit filling and only a top crust, which is made from a batter and baked until golden.

**8 tablespoons (1 stick) unsalted butter, divided**
**1 cup sugar**
**1 teaspoon pure vanilla extract, preferably Bourbon vanilla**
**1 cup whole milk**
**1 cup self-rising pastry flour**
**6 large peaches, peeled, pitted, and sliced**
**1½ cups blackberries**
**1 tablespoon freshly squeezed lemon juice**
**½ teaspoon finely grated lemon zest**
**Vanilla ice cream, for serving**

---

**Preheat the oven** to 350°F.

**Lightly grease the bottom and sides** of a 9-by-13-inch cobbler dish or a 10-inch cast iron skillet with 1 tablespoon of the butter.

**Melt the remaining 7 tablespoons** butter, pour into a medium bowl, and let cool. Add the sugar, vanilla, milk, and flour and stir to form a batter.

**In a large bowl,** toss the peach**es** and blackberries with the lemon juice and zest, mixing evenly. Transfer to the prepared cobbler dish in an even layer.

**Pour the batter** evenly on top and bake for 45 to 50 minutes, until the cobbler crust is golden brown.

**Serve warm** with vanilla ice cream.

## BUTTERMILK

# TEA CAKES



ACTIVE TIME
**15 MINS**
**AGRICULTURAL SOUTH**
(2-INCH) TEA CAKES
**1 HR 20 MINS**

MAKES
**30**

**ALTHOUGH THEY ARE CALLED** cakes, tea cakes are more like shortbread or sugar cookies. For African Americans, they were a special treat and often came with wonderful memories. Perhaps such remembrances are why Harlem renaissance author Zora Neale Hurston, in her novel *Their Eyes Were Watching God*, named the life-affirming character Tea Cake.

**4 cups all-purpose flour**
**2 teaspoons baking powder**
**1 teaspoon baking soda**
**1 cup (2 sticks) unsalted butter, at room temperature**
**2 cups sugar, plus more for sprinkling**
**2 large eggs, beaten**
**½ cup full fat buttermilk**
**1½ teaspoons fine sea salt**
**2 teaspoons finely grated lemon zest**

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**Sift the flour,** baking powder, and baking soda into a large bowl. Set aside.

**Using an electric mixer** on low speed, cream the butter and

sugar, about 4 to 5 minutes. Add the eggs and mix until blended, then add the buttermilk, salt, and lemon zest.

**Next add the flour** 1 cup at a time to the creamed mixture, beating after each addition just until incorporated. Do not overmix. (The dough will be somewhat stiff at this point.) Remove the dough from the bowl and divide in half. Wrap each piece in plastic wrap and refrigerate for 20 minutes.

**Preheat the oven** to 375°F. Line a baking sheet with parchment paper.

**Lightly dust a work surface** with flour. With a rolling pin, roll out half the dough ¼ inch thick. Using a 2-inch cookie cutter or overturned Mason jar or juice glass, cut out circles. Transfer the dough circles to the prepared baking sheet, arranging them ½ inch apart. Lightly sprinkle the tops with sugar. Repeat with the remaining dough.

**Bake for 8 to 10 minutes,** until the cakes are light golden. Transfer the cakes to a wire rack to cool completely. Store the cakes in an airtight container at room temperature for 2 to 3 days.

## MOLASSES

# RUM RAISIN CAKE



| ACTIVE TIME | MAKES | |
|---|---|---|
| **20 MINS** | **1** | |
| **CONTINENTAL UNITED STATES** | | |
| **1 DAY** | | |
| PLUS OVERNIGHT SOAKING | | |

**THIS CAKE MAKES USE OF** molasses, a sugarcane by-product, and of the liquor that is often distilled from it. That pairing is a reminder that sugarcane plantations were common in both southern Louisiana and Florida and in the Caribbean and that African Americans in the hemisphere were inextricably linked to sugar cultivation.

**¼ cup raisins**
**1 tablespoon candied ginger, finely chopped**
**¼ cup dark rum**
**1 cup all-purpose flour**
**¼ teaspoon ground ginger**
**¼ teaspoon ground cinnamon**
**⅛ teaspoon salt**
**1 teaspoon baking soda**
**4 tablespoons butter**
**¼ cup packed light brown sugar**
**½ cup unsulfured molasses**
**1 large egg**
**½ cup warm water**
**Whipped cream, for serving**

THE NIGHT BEFORE

**Combine the raisins,** candied ginger, and rum in a small bowl and soak overnight.

THE NEXT DAY

**Preheat the oven** to 350°F. Spray a 9-inch round cake pan with vegetable-oil cooking spray and dust with flour.

**Sift the flour,** ground ginger, cinnamon, salt, and baking soda together into a medium bowl.

**Using a stand mixer** with the paddle attachment, cream the butter and brown sugar together on low speed for 4 minutes. Add the molasses and egg and mix for another 2 minutes. Then add the water and mix for 1 minute longer.

**Now add the spiced flour mixture** and beat just until a batter forms. With a spatula, gently fold in the rum-raisin mixture.

**Pour the batter** into the prepared pan and bake for 20 to 25 minutes, until set. Transfer to a wire rack and cool to room temperature. Serve with whipped cream.



Joe Froggers

# JOE FROGGERS



| | | |
|---|---|---|
| ACTIVE TIME<br>**30 MINS**<br>**NORTHERN STATES**<br>**3 HRS** | | |

**THESE MOLASSES-SPICE COOKIES** are named for Joe Brown, an African American who lived in Marblehead, Massachusetts, and who was thought to have been born enslaved and gained his freedom through military service in the Revolutionary War. He purchased a tavern with his wife, Lucretia, where they developed the recipe for the cookies. Originally prepared with rum and seawater, they were long lasting and became one of the standard provisions on clipper ships.

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**CHEF'S NOTE**

These molasses cookies are easy to make. The originals were the size of lily pads, but they can be made in any size and shape. For the best flavor, be sure to use spices that have not been on your cupboard shelf too long.

**⅓ cup water**
**1 cup molasses**
**2½ tablespoons aged dark rum**
**3½ cups all-purpose flour**
**1½ teaspoons fine sea salt**
**1 teaspoon baking soda**
**1¼ teaspoons ground ginger**
**½ teaspoon ground cloves**

**½ teaspoon ground allspice**

**¼ teaspoon freshly grated nutmeg**

**½ cup (1 stick) butter, at room temperature**

**1 cup sugar, plus more for sprinkling**

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**Combine the water,** molasses, and rum in a small saucepan, bring to a simmer, and simmer for 1 minute. Remove from the heat and let cool.

**Sift the flour,** salt, baking soda, ginger, cloves, allspice, and nutmeg together into a bowl.

**Using a stand mixer** with the paddle attachment, cream the butter and and sugar together on medium-low speed until light and fluffy, about 3 minutes. Add the cooled molasses-rum mixture and beat until blended.

**Reduce the mixer speed** to low and gradually add the dry ingredients. Mix just until all the ingredients are incorporated and a dough forms (less than 1 minute). Do not overmix.

**Divide the dough in half** and wrap each piece in plastic wrap. Chill in the refrigerator for 1 hour.

**Preheat the oven to 375°F.** Line 2 baking sheets with parchment paper.

**Using a large spring-action** ice cream scoop, place scoops of dough on the prepared baking sheets, spacing them about 1 inch apart. Sprinkle the tops with sugar.

**Bake until the cookies** are set but still chewy, 6 to 8 minutes.

**Let the cookies cool** to room temperature. Transfer to an airtight container and store at room temperature. These cookies dry out quickly, so they should be consumed within 24 hours.

## LEMON-GLAZED

# POUND CAKE

| ACTIVE TIME | MAKES | |
|---|---|---|
| 25 MINS | 2 LOAVES | |
| CONTINENTAL (UNITED STATES) | | |
| UNITED STATES | | |
| 3 HRS | | |

**THE POUND CAKE WAS SO** named because it called for one pound of each of four ingredients; sugar, butter, flour, and eggs. Traditionally baked in a loaf pan, it has a dense crumb and a rich flavor and can be served plain or topped with ice cream, fresh fruit, preserved fruit, or jam.

### LEMON GLAZE

**2 cups confectioners' sugar**

**4 tablespoons freshly squeezed lemon juice**

### CAKE

**3¼ cups all-purpose flour**

**1 tablespoon baking powder**

**2 teaspoons fine sea salt**

**2 cups (4 sticks) unsalted butter, preferably high-fat European style, at room temperature**

**2¼ cups sugar**

**1 teaspoon pure lemon extract**

**2 teaspoons finely grated lemon zest**

**9 large eggs**

### TO MAKE THE LEMON GLAZE

**Whisk the confectioners' sugar** into the lemon juice in a small bowl until a silky, syrup-like consistency has been achieved. Cover tightly with plastic wrap and reserve.

### TO MAKE THE CAKE

**Preheat the oven to 325°F.** Lightly butter and flour two 9-by-5-inch loaf pans.

**Sift the flour,** baking powder, and salt into a large bowl and set aside.

**Using a stand mixer** with the paddle attachment, cream the butter and sugar together on high speed for 9 minutes. Throughout the creaming process, scrape the sides of the bowl to ensure thorough blending. The mixture should be light, fluffy, and silky.

**Reduce the speed to medium** and add the lemon extract and zest, followed by one egg at a time, beating after each addition until fully incorporated.

**Add the flour in two batches,** mixing after each addition just until incorporated. Do not overmix.

**Divide the batter** between the prepared loaf pans and tap each pan on the work surface to remove any air bubbles. With a spatula, smooth and level the batter. Bake for 60 to 70 minutes. The cake is done when a skewer inserted into the center of a loaf and removed quickly comes out clean.

**Transfer the loaf pans** to a wire rack and let cool for 25 minutes. Then turn the cakes out onto the rack and let cool completely.

**Drizzle the tops** of the cooled cakes generously with the lemon glaze. Allow the glaze to dry for about 1 hour before serving.

# CHARLESTON

## PECAN CHEWIES

| ACTIVE TIME | MAKES | |
|---|---|---|
| 30 MINS | 48 | |
| AGRICULTURAL SOUTH GROWING | | |
| 1 HR 45 MINS | | |

**HOMEMADE SWEETS WERE THE** only treats available for many in the days when the local store was miles away and transport, public or private, was limited. This brownie-like confection is rich with vanilla flavor and dense with the crunch of pecan bits.

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**CHEF'S NOTE**

Be careful not to overcook these sweets, and when storing them, wrap them tightly in plastic wrap to preserve their chewy freshness.

**1 cup unsalted butter, melted**

**1 cup packed dark brown sugar**

**1 cup granulated sugar**

**2 large eggs**

**1 tablespoon pure vanilla extract, preferably Bourbon vanilla**

**2 cups all-purpose flour**

**1 tablespoon baking powder**

**1 teaspoon fine sea salt**

**2 cups pecan halves (about 7 ounces), chopped**

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**Preheat the oven** to 300°F. Line a 9-by-13-inch baking sheet with parchment paper and coat with vegetable-oil cooking spray.

**Using a stand mixer** with the paddle attachment, beat the butter, brown sugar, and granulated sugar together on low speed until a creamy, silky texture. Beat in the eggs one at a time, beating after each addition until fully incorporated, and then beat in the vanilla.

**Gradually add the flour,** baking powder, and salt, beating just until incorporated. Do not overmix. Using a spatula, gently fold in the pecans.

**Evenly spread the batter** onto the prepared baking sheet. Bake for about 35 minutes, until set and lightly golden. Let cool completely on a wire rack, then cut into 2-inch squares.

**Store the chewies** tightly wrapped in plastic wrap or in an airtight container to prevent them from drying out. They will keep for 1 day.



Red Velvet Cake

# RED VELVET

## CAKE



| ACTIVE TIME | MAKES | |
|---|---|---|
| **45 MINS** | **AGRICULTURAL SOUTH** | |
| TOTAL TIME | 2-INCH LAYER CAKE | |
| **3 HRS 15 MINS** | | |

**ALTHOUGH MANY THINK THAT** red velvet cake has been an American standby for centuries, it is actually a twentieth-century invention, having originated in the 1920s. The ruby-hued chocolate cake was later adopted with delight by African Americans and began turning up on their menus. The famous Amy Ruth's soul food restaurant in Harlem began serving it in 1998, and Cake Man Raven opened one of the first bakeries devoted to the cake in Brooklyn in 2000.

### CAKE

**2½ cups cake flour**
**2 tablespoons Dutch-process cocoa powder**
**1 teaspoon baking soda**
**½ teaspoon fine sea salt**
**1½ cups vegetable oil**
**2 large eggs**
**1½ cups granulated sugar**
**1 cup buttermilk, preferably full fat**
**2 tablespoons red food coloring**
**1 teaspoon pure vanilla extract, preferably Bourbon vanilla**
**1 teaspoon distilled white vinegar**

**FROSTING**

**½ pound (2½ sticks) unsalted butter, at room temperature**

**4 cups confectioners' sugar, sifted**

**1 teaspoon Bourbon vanilla extract**

**1 pound cream cheese, at room temperature**

**¼ cup mascarpone cheese**

**½ cup pecans, finely chopped**

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**TO MAKE THE CAKE**

**Preheat the oven** to 350°F. Butter and lightly flour two 8-by-3-inch nonstick cake pans.

**In a medium bowl,** whisk together the flour, cocoa, baking soda, and salt.

**Combine the oil,** eggs, sugar, buttermilk, food coloring, vanilla, and vinegar in the bowl of a stand mixer. Using the whisk attachment, mix on medium-low speed until the mixture is smooth.

**Set the mixer at low speed** and gradually add the dry ingredients, mixing just to the point a batter has formed. Stop the machine, scrape down the sides of the bowl, and then mix for another 30 seconds.

**Evenly divide the batter** between the prepared cake pans. Bake until the cake pulls away slightly from the sides of the pans, about 30 minutes. A toothpick inserted in the center should come out clean. Invert the cakes onto wire racks, lift off the pan, turn upright, and let cool to room temperature.

**TO MAKE THE FROSTING**

**Combine the butter,** sugar, and vanilla in the bowl of the stand mixer. With the paddle attachment, mix the ingredients on medium speed until they are smooth and creamy. Add the cream cheese and mascarpone and mix until well blended.

**TO ASSEMBLE THE CAKE**

**Using a long serrated knife,** shave off a very thin layer of cake

from the top and bottom of each cake layer (this will help the frosting cling to the cake). Place the trimmings in the bowl of a food processor and process to very fine crumbs; reserve for the decoration.

**Set one of the cake layers** on a cake stand. With a narrow offset spatula, spread a layer of frosting across the top of the first layer, spreading it to an even depth of ½ inch. Place the second cake layer on top. With the remaining frosting, evenly cover the sides and top of the cake.

**Mix together the reserved** cake crumbs and pecans. Immediately after applying frosting, decorate the sides of the cake with a thin layer of the crumb mixture. The top of the cake should remain frosted white. Store the cake in the refrigerator for up to 2 days.



Banana Pudding

# BANANA PUDDING

| ACTIVE TIME | SERVES | |
|---|---|---|
| 45 MINS | 6 | |
| AGRICULTURAL SOUTH | | |
| 1 HR 45 MINS | | |

**BANANAS WERE A RARE TREAT IN** the United States in the years before the Civil War. But by the end of the 1870s, they were becoming more widely available, with most of them arriving at the port of New Orleans. Banana pudding soon became a popular menu item, though it was not the same banana pudding we know and love today. That's because there were no vanilla wafers in the mix. Then, in the 1940s, Nabisco printed a recipe for banana pudding on its vanilla wafer box that gradually became the standard southern classic.

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**CHEF'S NOTE**

Use champagne coupes or Collins glasses for more formal individual servings.

**1 vanilla bean, split, seeds scraped out**
**1½ teaspoons bourbon**
**3 cups half-and-half**
**3 large eggs**
**¾ cup superfine sugar, plus 1 teaspoon**
**2 tablespoons cornstarch**

**4 large ripe bananas**
**1 tablespoon freshly squeezed lemon juice**
**42 vanilla wafers**
**1 cup whipped cream**
**6 fresh mint sprigs**

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**In a small bowl,** mix the vanilla pulp scraped from the pod with the bourbon.

**In a medium saucepan,** mix the half-and-half with the vanilla-bourbon blend and heat to a low simmer. While the cream is heating, whisk the eggs, the ¾ cup sugar, and the cornstarch in a medium stainless steel bowl until well blended and smooth.

**Slowly pour the hot cream** into the egg mixture while whisking constantly until fully incorporated. Return the mixture to the saucepan and stir over low heat until it thickens, about 3 minutes. It is critical to stir the whole time to avoid curdling. Remove from the heat, transfer to a bowl, and allow to cool to room temperature. Cover with plastic wrap, pressing it directly on the surface of the pudding to prevent a skin from forming, and refrigerate for 1 hour.

**While the custard cools,** peel the bananas, cut into ½-inch-thick rounds, and place in a medium bowl. In a small bowl, mix the lemon juice with the remaining 1 teaspoon sugar, then toss with the bananas to prevent oxidation.

**Once the custard is cold,** remove it from the refrigerator. Place 1 well-rounded spoonful of custard on the bottom of each individual serving dish. Follow this with 4 or 5 slices of banana, then 2 or 3 vanilla wafers. Repeat this layering until the glass is full (leaving a ½-inch headspace at the top). Garnish each glass with a generous dollop of whipped cream, a fresh mint sprig, and a vanilla wafer.

CLASSIC

# PEANUT BRITTLE

| ACTIVE TIME | MAKES | |
|---|---|---|
| 1 HR | 4½ POUNDS | |
| AGRICULTURAL SOUTH | | |
| 3 HRS | | |

**NO ONE KNOWS THE EXACT** origin of peanut brittle, but most agree that the American version of the hard sugar candy embedded with peanuts is southern in origin. One of the most popular tales attributes its creation to a cook who, while making taffy, mistakenly dumped in baking soda instead of cream of tartar, which yielded a hard, crunchy brittle rather than a soft, chewy taffy.

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**CHEF'S NOTE**

This brittle will keep in an airtight container at room temperature for up to 2 weeks. Other nuts, like cashews or pecans, can be substituted for the peanuts.

**2 cups sugar**
**1 cup light corn syrup**
**½ cup cold water**
**4 tablespoons unsalted butter**
**2¾ cups shelled Virginia unsalted peanuts, split**
**1½ teaspoons baking soda**
**2 or 3 pinches sea salt**

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**Line two large baking sheets** with nonstick silicone mats or parchment paper sprayed with vegetable-oil cooking spray.

**Lightly coat the sides** of a large, deep saucepan with cooking spray. Combine the sugar, corn syrup, water, and butter in the pan. Cook over medium heat until the mixture boils. Clip a candy thermometer to the inside of the pan; do not let the tip of the thermometer touch the bottom of the pan. Lower the heat and cook the sugar mixture to 275°F (25 to 30 minutes); the mixture will be very bubbly. Stir regularly throughout the cooking.

**Stir in the peanuts** and continue cooking until the mixture reaches 295°F. Working quickly, remove the pan from the heat and add the baking soda, stirring to blend. Pour the hot candy onto the lined baking sheets; it should be ¼ to ½ inch thick. While the brittle is still warm, sprinkle with the sea salt.

**Let the brittle cool** until completely firm, about 2 hours. Crack the brittle into 2- to 3-inch pieces.



Pralines

# PRALINES



MAKES
**18**
CREOLE COAST PRALINES

ACTIVE TIME
**30 MINS**

TOTAL TIME
**30 MINS**

**ALTHOUGH THEY ARE NAMED** for a seventeenth-century French diplomat, César, duc de Choiseul, comte du Plessis-Praslin, these dropped sugar candies are all-American. Sometimes called pecan candy in New Orleans, they were hawked on the streets by African American candy sellers who easily appealed to the city's sweet tooth. The American praline has culinary cousins throughout the hemisphere, and a similar candy is called monkey meat in Charleston, South Carolina, *tablettes de coco* in the French Caribbean, and *pé de moleque* in Brazil. The nut changes with the geography, but the sweet-dropped patty embedded with nuts is the same.

**1¼ cups granulated sugar**
**1 cup packed light brown sugar**
**6 tablespoons salted butter**
**½ cup half-and-half**
**1½ tablespoons vanilla extract, preferably Bourbon vanilla**
**1½ cups shelled jumbo pecans**

---

**Line a baking sheet** with parchment paper.

**In a deep, heavy saucepan,** combine the granulated sugar, brown sugar, butter, and half-and-half. Cook over medium heat until the

mixture boils, stirring often with a wooden spoon. Clip a candy thermometer to the inside of the pan: do not let the thermometer's tip touch the bottom of the pan.

**Once the boiling sugar reaches 240°F,** lower the heat to maintain that temperature and cook for 3 minutes longer. Add the vanilla extract and stir well.

**Remove the pan from the heat** and stir in the pecans. Continue to stir until the mixture begins to thicken. Thickening will occur as the sugars begin to cool; a creamy texture will be achieved by the constant stirring.

**Once thickened,** spoon the warm mixture onto the prepared baking sheet, forming 2½-inch praline clusters. Let the pralines cool to room temperature. Store in an airtight container at room temperature.

## HIBISCUS & GINGER

# SWEET TEA



ACTIVE TIME
**15 MINS**
**AGRICULTURAL SOUTH**
TOTAL TIME
**5 HRS 15 MINS**

MAKES
**3 QTS**

**HIBISCUS, WHICH IS KNOWN AS** sorrel or roselle in the Caribbean, *flor de Jamaica* in Mexico, *bissap* in Senegal, and *karkade* in Egypt, is the fresh or dried pod of *Hibiscus sabdariffa*, a plant native to West Africa. The bright red pods have long been valued for making hot and cold drinks and in folk medicine.

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**CHEF'S NOTE**

Dried hibiscus flowers can be found in specialty groceries, health food stores, and Caribbean and Hispanic markets under one of its many names.

**12 cups water**
**4 ounces fresh ginger, peeled and sliced**
**2 cups dried hibiscus flowers (*flor de Jamaica*)**
**⅔ cup superfine sugar**
**½ cup fresh mint leaves, for garnish**

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**In a large pot,** bring the water to a boil. Add the ginger and hibiscus. Turn off the heat and let steep for 1 hour.

**Strain through** a fine-mesh strainer, pressing against the solids to extract as much liquid as possible. Stir the sugar into the tea and refrigerate for 3 to 4 hours, until well chilled.

**Serve the tea** over ice in large glasses and garnish with mint.

## SPARKLING WATERMELON &

# LEMON VERBENA

MAKES ABOUT
**6**
**20 MINS**
**CONTINENTAL**
**UNITED STATES**
**30 MINS**

**HERBAL TEAS HAVE LONG BEEN A** part of African American culinary life, with cooks knowing just which one to use for digestion, to aid sleep, or to cure a cough. This recipe mixes watermelon juice with a simple syrup flavored with refreshing, calming lemon verbena for a cool drink that sparkles with the addition of seltzer or becomes alcoholic when mixed with Prosecco.

### SYRUP

**1 cup superfine sugar**

**¾ cup cold water**

**½ cup packed fresh lemon verbena leaves, plus more for garnish**

### COOLER

**6 cups seedless watermelon, diced, plus small slices for garnish**

**1 (750-ml) bottle Prosecco or seltzer water**

**Juice of 1 lime**

---

### TO MAKE THE SYRUP

**Combine the sugar** and water in a saucepan and bring to a quick

boil. Remove from the heat and add the lemon verbena leaves. Let cool completely, then strain through fine-mesh strainer and refrigerate.

### TO MAKE THE COOLER

**In a blender,** puree the watermelon. Strain the watermelon puree, reserving the juice.

**Mix the watermelon juice** with the Prosecco, lime juice, and ½ cup of the syrup (add more if desired). Serve well chilled, garnishing each glass with a thin slice of watermelon and some lemon verbena leaves.



Sweet Cherry Lemonade

## SWEET CHERRY

# LEMONADE



| | | |
|---|---|---|
| ACTIVE TIME<br>**45 MINS**<br>CONTINENTAL<br>UNITED STATES<br>**6 HRS 45 MINS** | MAKES<br>**2½** | |

**LEMONADE IS POPULAR** throughout the South, and the addition of homemade sweet cherry syrup turns it red, making it an ideal drink for Juneteenth picnics and celebrations. Red drinks are traditional at Juneteenth events and may recall the celebratory hibiscus and kola nut teas of West Africa.

### SWEET CHERRY SYRUP

**1 pound pitted fresh or frozen Bing cherries**

**¾ cup sugar**

**1 cup water**

### LEMONADE

**1½ cups sugar**

**8 cups cold water, divided**

**1½ cups freshly squeezed lemon juice, about 10 lemons**

**2 lemons, thinly sliced and seeded, for garnish**

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### TO MAKE THE SWEET CHERRY SYRUP

**Combine the cherries,** sugar, and water in a saucepan, bring to a simmer, and simmer for 15 minutes. Remove from the heat and

strain through a fine-mesh strainer, pressing against the solids to extract as much syrup as possible. Pour into a bottle and chill well before using.

### TO MAKE THE LEMONADE

**Combine the sugar** and 1 cup of the water in a saucepan. Bring to a boil over medium-high heat, reduce to a simmer, and simmer, stirring occasionally, until the sugar is completely dissolved, 2 to 3 minutes. Remove from the heat and allow to cool to room temperature.

**Add the lemon juice** and the remaining 7 cups water to the cooled sugar water and mix well. Refrigerate for 4 to 6 hours, until well chilled.

**Serve the chilled lemonade** over ice in tall glasses. Invite guests to sweeten it to their liking with the Sweet Cherry Syrup.





# BASICS

# BASICS

Creole Spice Blend

Barbecue Dry Rub

Wet Jerk Rub

Alabama White Barbecue Sauce

**Brines**

Poultry Brine

**Stocks**

Crab Stock

Chicken Stock

Ham & Pork Stock

Veal Stock

Vegetable Stock

Gribiche Sauce

Aioli

Stone-Ground Grits



**CHICKEN LIVERS & GRITS WITH HAM & TOMATO GRAVY**



Young men on a wagon filled with corn at the Bordentown School in Bordentown, New Jersey, ca. 1935. Photograph by Lewis Wickes Hine.




Two women in a Harlem, New York, bakery, ca. 1960. Photograph by Lloyd W. Yearwood.



Postcard of a woman carrying fruit in the Bahamas, early twentieth century.

# CREOLE SPICE BLEND

ACTIVE TIME
**10 MINS**
TOTAL TIME
**10 MINS**

MAKES
**1** cup

**2 tablespoons sweet Hungarian paprika**
**¼ cup celery salt**
**2 tablespoons fine sea salt**
**2 tablespoons ground black pepper**
**2 tablespoons garlic powder**
**2 tablespoons onion powder**
**1 tablespoon ground allspice**
**4 teaspoons cayenne pepper**

---

**Warm a nonstick skillet** over low heat. Add the paprika and lightly toast to develop its full flavor. Actively stir the paprika for 3 minutes, making sure not to allow the spice to burn. Transfer the paprika to a small bowl and let cool.

**Once the paprika has cooled** to room temperature, whisk in all the remaining ingredients until well mixed.

**Transfer to an airtight container.** The blend will keep for up to 3 months.

# BARBECUE DRY RUB

| | |
|---|---|
| ACTIVE TIME<br>**10 MINS**<br>TOTAL TIME<br>**10 MINS** | MAKES<br>**2⅓** cups |

**½ cup sweet Hungarian paprika**
**½ cup ground black pepper**
**½ cup turbinado sugar**
**¼ cup kosher salt**
**¼ cup dry English mustard**
**¼ cup onion powder**
**¼ cup garlic powder**
**2 teaspoons cayenne pepper**

---

**Warm a nonstick skillet** over low heat. Add the paprika and lightly toast to develop its full flavor. Actively stir the paprika for 3 minutes, making sure not to allow the spice to burn. Transfer the paprika to a medium bowl and let cool.

**When the paprika has cooled** to room temperature, whisk in all the remaining ingredients until well mixed.

**Transfer to an airtight container.** The dry rub will keep for up to 3 months.

# WET JERK RUB

ACTIVE TIME
**25 MINS**
TOTAL TIME
**25 MINS**

MAKES
**2** cups

**4 large garlic cloves**
**1 large yellow onion, chopped**
**3 scallions, white and light green parts, chopped**
**1 tablespoon fresh thyme leaves**
**5 tablespoons fresh cilantro, chopped**
**1 tablespoon fresh ginger, peeled and chopped**
**1 Scotch bonnet or habanero pepper, seeded**
**2 tablespoons freshly squeezed lime juice**
**1 teaspoon finely grated lime zest**
**¼ cup cold water**
**2 tablespoons packed dark brown sugar**
**1 tablespoon Dijon mustard**
**1 tablespoon whole allspice berries**
**2 cinnamon sticks, broken into pieces**
**⅛ teaspoon freshly grated nutmeg**
**2 tablespoons soy sauce**
**¼ cup peanut or vegetable oil**
**1 tablespoon sea salt**

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**Combine all the ingredients** in a food processor or blender and process until fully blended. Transfer to an airtight container and

refrigerate for up to 2 weeks.

# ALABAMA WHITE BARBECUE SAUCE

ACTIVE TIME
**15 MINS**
TOTAL TIME
**20 MINS**
PLUS REFRIGERATE OVERNIGHT

MAKES
**6** cups

**2 cups mayonnaise, preferably Duke's**
**6 tablespoons cider vinegar**
**2 tablespoons freshly squeezed lemon juice**
**¼ cup sugar**
**¼ cup freshly ground black pepper**
**¼ cup sour cream**
**1 teaspoon Worcestershire sauce**
**1 tablespoon kosher salt**
**1 teaspoon hot sauce**
**2 tablespoons grated prepared horseradish**

---

**Combine all the ingredients** in a medium bowl and whisk until fully incorporated. Transfer to an airtight container and refrigerate overnight to allow the flavors to develop. The sauce will keep in the refrigerator for up to 3 days.

# BRINES

Brines serve a few functions in the kitchen. They are flavor enhancers, allowing salt, spices, and herbs to permeate the meat or fish. They also assist in moisture retention throughout the cooking process. One popular example of this is the technique of brining a Thanksgiving turkey. Another function is as a preservative, as when used in preparing corned beef, deli meats, or pickled vegetables.

**Brines typically include** water; kosher or sea salt (never iodized); a sweetner such as sugar, honey, maple syrup, molasses, or a combination; and herbs and spices.

**Brining time** is determined by the size and weight of the item being brined. For example, chicken for deep-frying should be brined only overnight, while a Thanksgiving turkey is usually brined for several days.

**Because brines** are always used on raw ingredients, it is critical for food safety never to reuse a brine. They are intended for single use only.

# POULTRY BRINE

ACTIVE TIME
**15 MINS**

MAKES
**1** qt.

TOTAL TIME
**2 HRS 15 MINS**

**4 quarts cold water, divided**
**1¼ cups salt**
**¾ cup sugar**
**1 tablespoon onion powder**
**1 tablespoon garlic powder**
**1½ teaspoons freshly ground black pepper**
**2 bay leaves**

---

**Pour 2 quarts of the water** into a large stockpot and reserve the other half at room temperature. Add the salt, sugar, onion powder, garlic powder, pepper, and bay leaves to the pot and bring to a boil. Reduce the heat to a simmer and simmer for 5 minutes.

**Remove the stockpot** from the stovetop and pour in the remaining 2 quarts of water.

**Cool the brine** in the refrigerator for several hours until it reaches a temperature of 40°F. Once cool, the brine is ready to use.

# STOCKS

Stocks are the foundation of soups, stews, and sauces in both professional and home kitchens. They help create the underlying flavor profiles of the food we cook.

When making a stock, the most important factor is the freshness of the ingredients used. The key components of a stock are bones, mirepoix (a mixture of carrot, onion, and celery), and aromatic herbs.

Whether preparing a meat, poultry, or seafood stock, be sure to obtain your bones and shells from a local butcher or fishmonger. Bones from younger animals have a higher gelatin content, which will yield a fuller-bodied stock.

Vegetable stocks, which require a shorter cooking time than poultry or meat stock, should always be made with nonstarchy vegetables. In addition to mushroom trimmings, dried mushrooms can significantly enhance the body of a vegetable stock.

STOCK-MAKING TIPS

- ○ **Always use the freshest ingredients.**
- ○ **Obtain the bones from a local butcher or fish dealer.**
- ○ **Rinse the bones with fresh water prior to preparing the stock.**
- ○ **Start the stock with cold water.**
- ○ **Always simmer, never boil, a stock**
- ○ **Skim off and discard fats and impurities throughout the cooking process.**
- ○ **Cooking times: vegetable stock, 1 hour; fish and shellfish stock, 1 to 1½ hours; chicken stock, 3 to 4 hours; veal stock, 8 to 12 hours.**
- ○ **Once done, strain well and rapidly cool the stock using an ice bath.**
- ○ **Store in the refrigerator for up to 4 day, or freeze for up to 1 month.**

The effort put into making a high-quality homemade stock is well worth it, as many store-bought stocks are high in sodium and lack good flavor.

# CRAB STOCK

ACTIVE TIME
**25 MINS**

MAKES
**4** cups

TOTAL TIME
**1 HR 25 MINS**

**1 tablespoon olive oil**

**1 tablespoon butter**

**2 pounds crab shells (may be available from fish dealers), coarsely chopped or cracked**

**1 yellow onion, finely diced**

**4 garlic cloves, coarsely chopped**

**3 celery stalks, finely diced**

**2 tablespoons tomato paste**

**2 teaspoons Old Bay seasoning**

**1 cup white wine**

**2 cups crushed tomatoes**

**3 bay leaves**

**1 tablespoon black peppercorns**

**5 fresh thyme sprigs**

**10 cups cold water**

---

**In a large soup pot,** heat the oil and butter. Once they begin to sizzle, add the crab shells. With a wooden spoon, stir the shells to ensure they do not burn, and cook for 3 to 4 minutes.

**Add the onion,** garlic, and celery to the shells and cook until the vegetables begin to turn translucent, about 5 minutes. Then add

the tomato paste and stir until the shells are coated and the tomato paste develops a rich aroma. Add the Old Bay seasoning and cook for another minute, stirring regularly. Now add the white wine and simmer for 5 minutes, until it has reduced by half.

**Add the crushed tomatoes,** bay leaves, peppercorns, thyme, and water. Gently simmer for 1 hour, skimming off any foam and fat throughout the process.

**Strain the stock** through a fine-mesh strainer and cool immediately.

**Use the stock** within 3 days or freeze for up to 1 month.

# CHICKEN STOCK

ACTIVE TIME
**30 MINS**

MAKES
**4** qts.

TOTAL TIME
**4 HRS 30 MINS**

**10 pounds chicken bones (backs, wings, necks, and feet, if available)**

**4 quarts cold water**

**2 carrots, diced**

**2 celery stalks, sliced**

**1 large yellow onion, chopped**

**1 large leek, white and light green parts, washed well and sliced**

**1 head garlic, cut in half horizontally**

**1 bunch fresh parsley**

**3 bay leaves**

**½ bunch fresh thyme**

**1 tablespoon sea salt**

**1 teaspoon black peppercorns**

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**Thoroughly rinse the chicken bones.** Transfer them to a large stockpot and cover with the water. Bring to a simmer and cook for 45 minutes. Maintain a slow, gentle simmer, skimming off impurities and fat from the surface. Do not allow the stock to boil.

**Next add the vegetables,** herbs, and salt and peppercorns and gently simmer for 3¼ more hours. Continue skimming off the fat throughout the cooking.

**Strain the stock** through a fine-mesh strainer and cool immediately. Use the stock within 4 days or freeze for up to 1 month.

# HAM & PORK STOCK

| ACTIVE TIME | MAKES |
| --- | --- |
| **1HR 30 MINS** | **4** qts. |
| TOTAL TIME | |
| **10 HRS 30 MINS** | |

**5 pounds fresh pork bones (neck, spine, or leg; do not use country ham bones)**

**3 tablespoons vegetable oil**

**2 yellow onions, chopped**

**2 carrots, sliced**

**2 celery stalks**

**5 garlic cloves**

**8 quarts cold water, plus 1 cup to deglaze pot**

**2 smoked ham hocks**

**3 fresh thyme sprigs**

**3 bay leaves**

**2 tablespoons black peppercorns**

**1 teaspoon juniper berries**

---

**Preheat the oven** to 350°F.

**Thoroughly rinse the pork bones.** Put the bones in a large roasting pan and toss with the vegetable oil to coat well. Roast for 45 minutes. Add the onions, carrots, celery, and garlic and roast for another 20 minutes, until the bones and vegetables are golden brown.

**Transfer the bones** to a large stockpot. Drain off any fat in the

roasting pan, leaving the vegetables in the pan. Add the 1 cup water to the roasting pan and heat on the stovetop for 5 minutes. Remove the pan from the heat. With a wooden spoon, scrape all the browned bits from the pan bottom, then add the contents of the roasting pan to the stockpot. Pour in the 8 quarts water and bring to a simmer. Cook for 1 hour, maintaining a gentle, steady simmer and skimming off impurities and fat from the surface. Do not allow the stock to boil.

**After the hour of simmering,** add the ham hocks, thyme, bay leaves, peppercorns, and juniper berries cook over low heat for 8 hours longer.

**Strain the stock** through a fine-mesh sieve and cool immediately. Use the stock within 4 days or freeze for up to 1 month.

# VEAL STOCK

ACTIVE TIME
**45 MINS**
TOTAL TIME
**1 DAY**

MAKES
**6** qts.

**10 pounds veal bones (knuckles and shins), split**
**½ cup vegetable oil**
**1 (6-ounce) can tomato paste**
**3 yellow onions, coarsely chopped**
**2 carrots, coarsely chopped**
**1 head garlic, cut in half horizontally**
**3 celery stalks, sliced**
**12 quarts cold water**
**2 cups white wine**
**1 bunch fresh parsley**
**½ bunch fresh thyme**
**2 tablespoons sea salt**
**1 tablespoon black peppercorns**

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**Preheat the oven** to 350°F.

**Thoroughly rinse** the veal bones. Put the bones in a large roasting pan and toss with the vegetable oil to coat well. Roast for 20 minutes, until a light golden brown. Add the tomato paste, onions, carrots, garlic, and celery and stir well to coat the tomato paste and vegetables in the pan drippings. Return to the oven for another 25 minutes, until the bones develop a rich caramelized color. Remove the roasting pan but leave the oven on.

**Transfer the bones** and vegetables to a large stockpot. Add the water, place on the stovetop, and bring to a simmer. While the bones are simmering, add the white wine to the roasting pan and stir to loosen any browned bits from the pan bottom. Return the pan to the oven for 10 minutes and cook until the wine has reduced by half. Then add the wine, pan drippings, parsley, thyme, salt, and peppercorns to the stockpot and simmer over low heat for at least 8 hours and up to 12 hours. Periodically skim off excess fat. Do not allow the stock to boil.

**Strain the stock** through a fine-mesh strainer and cool immediately. Use the stock within 4 days or freeze for up to 1 month.

# VEGETABLE STOCK

ACTIVE TIME
**20 MINS**

MAKES
**4** qts.

TOTAL TIME
**1 HR 40 MINS**

**1 pound yellow onions**
**6 shallots**
**2 tablespoons olive oil**
**1 pound plum tomatoes, quartered**
**8 ounces carrots**
**1 parsnip**
**8 ounces celery stalks**
**8 ounces button mushrooms**
**3 leeks, white and light green parts**
**2 ounces dried mushrooms, such as shiitake, cèpes, or a combination**
**1 head garlic, cut in half horizontally**
**3 bay leaves**
**4 fresh thyme sprigs**
**6 fresh parsley stems**
**8 black peppercorns**
**1 teaspoon sea salt**
**5 quarts cold water**

---

**Preheat the oven** to 400°F.

**Leaving the skins on**—they will add flavor and color to the stock

—cut the onions and shallots into quarters. Toss with the olive oil and place in a large roasting pan. Roast for 15 minutes, until golden brown. Add the quartered tomatoes and roast for 15 minutes longer.

**While the onions are roasting,** peel the carrots and parsnip and cut into large dice along with the celery and button mushrooms.

**Combine the leeks** and the roasted vegetables in a large stockpot. Add the carrots, parsnip, celery, fresh and dried mushrooms, garlic, bay leaves, thyme, parsley stems, peppercorns, salt, and water. Bring to a steady simmer and cook for 1 hour, periodically skimming off any froth from the surface.

**Strain the stock** through a fine-mesh strainer and cool immediately. Use the stock within 4 days or freeze for up to 1 month.

# GRIBICHE SAUCE

ACTIVE TIME
**10 MINS**

TOTAL TIME
**10 MINS**

MAKES
**1½** cups

**1 cup mayonnaise, preferably Duke's**
**½ cup fresh chervil, chopped**
**¼ cup fresh chives, chopped**
**1 shallot, finely minced**
**2 hard-boiled eggs, finely chopped**
**6 cornichons, chopped**
**2 teaspoons capers, chopped**
**2 teaspoons Dijon mustard**
**¼ teaspoon cayenne pepper**
**Salt**
**Freshly ground black pepper**

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**Combine the mayonnaise,** chervil, chives, shallot, eggs, cornichons, capers, mustard, and cayenne in a medium bowl and whisk together until well blended. Season to taste with salt and pepper.

# AIOLI

| | |
|---|---|
| ACTIVE TIME<br>**15 MINS**<br>TOTAL TIME<br>**15 MINS** | MAKES<br>**2½** cups |

**4 garlic cloves**
**3 large egg yolks**
**2 teaspoons water**
**½ teaspoon fine sea salt**
**1½ cups extra-virgin olive oil**
**1 tablespoon freshly squeezed lemon juice**
**Cayenne pepper**

---

**Peel the garlic cloves,** split them in half, and remove any green sprouts. Place the garlic on a cutting board, smash them with the flat of a chef's knife, and chop to a paste: You should have about 1 tablespoon.

**In a medium bowl,** combine the garlic paste, egg yolks, water, and salt. Whisk until smooth and creamy. Gradually add the oil while whisking continuously. The oil must be added in a thin, slow, steady stream while whisking to create a thick emulsion. Whisk in the lemon juice, season to taste with cayenne, and then season with additional salt if needed.

**VARIATION: To make a red pepper aioli,** add 3 ounces of very finely chopped Spanish piquillo peppers or other fire-roasted red peppers and additional cayenne to taste.

# STONE-GROUND GRITS

ACTIVE TIME
**15 MINS**

SERVES
**4 to 6**

TOTAL TIME
**1 DAY**
PLUS OVERNIGHT SOAKING OF THE GRITS

**2½ cups artisanal stone-ground grits (coarse ground, yellow or white)**

**8 cups cold water**

**½ cup half-and-half**

**2 tablespoons butter**

**1 teaspoon kosher salt**

---

THE NIGHT BEFORE

**Pour the grits** into a large bowl and cover with the water. Briefly stir, then allow to rest for about 10 minutes. During this time some corn hulls might rise to the top; if so, skim them off using a slotted spoon. Transfer the grits to the refrigerator to soak overnight.

THE NEXT DAY

**Transfer the grits** and water to a pot large enough to accommodate the expansion of the grits during cooking. Cook over high heat, stirring continuously until the grits reach a boil. Then reduce the heat to the lowest setting and gently cook, covered, for 1 hour. Stir every 9 or 10 minutes to prevent scorching.

**After an hour of cooking,** the grits should be done. But as cooking times vary, taste the grits to determine whether they are cooked. They should be creamy and tender.

**In a separate saucepan,** bring the half-and-half to a quick boil and immediately remove it from the heat. Finish the grits with the half-and-half and butter and season with the salt. Serve immediately.

# RECIPES BY REGION



## AGRICULTURAL SOUTH


Bacon-Wrapped Pan-Roasted Pork Chops

Banana Pudding

Benne Seed Flatbread Crisps

Bourbon Pecan Pie

Brunswick Stew

Buttermilk Biscuits

Buttermilk Fried Chicken

Buttermilk Tea Cakes

Charleston Pecan Chewies

Chesapeake Corn & Crab Chowder

Chicken Livers & Grits with Ham & Tomato Gravy

Chocolate Chess Pie

Chow-Chow

Classic Peanut Brittle

Corn Pudding

Cowpea & Collard Soup

“Cracklin’” Corn Bread

Deviled Eggs

Fried Green Tomatoes

Fried Okra

Ginger & Brown Sugar Candied Sweet Potatoes

Hibiscus & Ginger Sweet Tea

Hickory-Smoked Barbecued Chicken

Hickory-Smoked Pork Shoulder

Hoppin' John

Hot Water Corn Bread

Lemon Curd Blueberry Tart

Limpin' Susan

Maryland Crab Cakes

Mixed Greens with Baby Turnips

Okra & Tomato Soup

Pimento Cheese

Potato Salad

Red Velvet Cake

Stewed Black-Eyed Peas

Stewed Tomatoes & Okra

Sweet Onion & Corn Hush Puppies with Red Pepper Remoulade

Sweet Potato Biscuits

Sweet Potato Pie

Tomato-Watermelon Salad

Yellow Corn Bread

Pickled Watermelon Rind

## CAFÉ SPECIALS

Black-Eyed Pea Hummus

Collards, Tomato, & Cashew Stew

Kale Sprouts with Sorghum & Benne Seeds

Sticky Pork Ribs

Vietnamese Spiced Chicken Wings

## CONTINENTAL UNITED STATES

Baby Kale Salad

Baked Macaroni & Cheese

Basic Pie Crust

Coleslaw

Dilly Green Beans

Drop Biscuits

Field Green Salad

Fried Apple Hand Pies

Johnnycakes

Lemon-Glazed Pound Cake

Lemon Meringue Pie

Molasses Rum Raisin Cake

Sea Salt-Spiced Cocktail Nuts

Slow-Cooked Collards & Potlikker

Sparkling Watermelon & Lemon Verbena

Sweet Cherry Lemonade

Sweet Pea Tendril Salad



## CREOLE COAST

Carolina Gold Rice Pilaf

Catfish Po'boy

Creole Spiced Boiled Peanuts

Duck & Crawfish Gumbo

Fried Croaker with Sweet Onion & Corn Hush Puppies

Frogmore Stew

Louis Armstrong's Red Beans & Rice

Pickled Gulf Shrimp

Pralines

Shrimp & Grits

Spicy Pickled Okra

Whole Grilled Snapper with Creole Sauce

## CULINARY COUSINS

Curried Goat

Jamaican Jerk Chicken

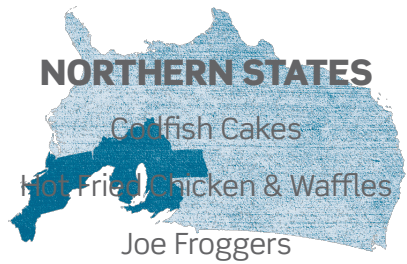
Rice & Pigeon Peas

Roti

Senegalese Peanut Soup

“Smoking Hot” Oxtail Pepper Pot

Trini Doubles



## NORTHERN STATES

Codfish Cakes

Hot Fried Chicken & Waffles

Joe Froggers

Salmon Croquettes

Smothered Turkey Grillades with Fried Apples

Thomas Downing’s NYC Oyster Pan Roast

Yankee Baked Beans



## WESTERN RANGE

Barbecued Beef Brisket Sandwich

Black-Eyed Pea, Golden Corn, & Chanterelle Empanadas

Charred Peach & Jalapeño Chutney

High Mesa Peach & Blackberry Cobbler

Pan-Roasted Rainbow Trout

Son-of-a-Gun Stew

Texas Caviar

# MENUS

## JUNETEENTH

Texas Caviar

Barbecued Beef Brisket Sandwich

Potato Salad

Stewed Tomatoes & Okra

High Mesa Peach & Blackberry Cobbler

Sweet Cherry Lemonade

## SUMMER BUFFET

Deviled Eggs

Frogmore Stew

Tomato-Watermelon Salad

Lemon Meringue Pie

Sparkling Watermelon & Lemon Verbena

## CALABASH CAROLINA FISH FRY

Dilly Green Beans

Spicy Pickled Okra

Fried Croaker

Coleslaw

Baby Kale Salad

Sweet Onion & Corn Hush Puppies with Red Pepper Remoulade

Sweet Potato Pie

## CARIBBEAN STREET FOOD

Trini Doubles

Curried Goat

Rice & Pigeon Peas

Roti

Molasses Rum Raisin Cake

## NEW ORLEANS DINNER

Duck & Crawfish Gumbo

Whole Grilled Snapper with Creole Sauce

Louis Armstrong's Red Beans & Rice

Fried Green Tomatoes

Banana Pudding

## THE SUNDAY TABLE

Chow-Chow

Buttermilk Fried Chicken

Baked Macaroni & Cheese

Slow-cooked Collards & Potlikker

Ginger & Brown Sugar Candied Sweet Potatoes

Yellow Corn Bread

Bourbon Pecan Pie

Hibiscus & Ginger Sweet Tea

## FAMILY REUNION

Sea Salt-Spiced Roasted Cocktail Nuts

Pimento Cheese

Hickory-smoked Pork Shoulder

Hickory-smoked Barbecued Chicken

Limpin' Susan

Corn Pudding

Mixed Greens with Baby Turnips

Drop Biscuits

Lemon-glazed Pound Cake

Chocolate Chess Pie

## MOTHER'S DAY BRUNCH

Pan-roasted Rainbow Trout

Carolina Gold Rice Pilaf

Stewed Black-eyed Peas

Pea Tendril Salad

Sweet Potato Biscuits

Buttermilk Tea Cakes

Pralines

## VEGETARIAN FEAST

Dilly Green Beans

Black-eyed Pea, Golden Corn, & Chanterelle Empanadas

Collard, Tomato, & Cashew Stew

Baby Kale Salad

Rice & Pigeon Peas

Fried Apple Hand Pies

# ACKNOWLEDGMENTS

*From Kinshasha Holman Conwill, Deputy Director, National Museum of African American History and Culture:* The Sweet Home Café at the Smithsonian's National Museum of African American History and Culture is a collaborative effort. We at the museum—from the director to our curators, educators, and administrative staff—joined together to create a destination for visitors from around the corner and around the world that is in part a cultural culinary adventure and in part a communal experience. The result is a space suffused with the history and culture that this museum celebrates. This cookbook was another such collaboration. Our partners in the process of creating this wonderful book ensured that it too would be a celebration and a living tribute to our shared goal to animate black culture.

We are grateful to all who contributed to this volume. Our director, Lonnie G. Bunch III, was in many ways the "founder of the feast" that led to the development of the Sweet Home Café; thus his warmly personal introduction is a fitting beginning to this cookbook. Chief Curator Jacquelyn D. Serwer, a beloved cook in her own right, provided the lovely introduction that sets the tone for the pages that follow. Cultural anthropologist Jessica B. Harris laid the groundwork for the book's regional culinary themes; the author of the side and head notes that grace each chapter, she also helped to shape the book as a whole. Supervising Chef Albert G. Lukas created the book's delicious principal recipes and helped ensure that we never hit a false note in the recipes' authenticity and reliability. Executive Chef Jerome Grant contributed the marvelous "Culinary Cousins" recipes, which are a fundamental element of the Café and the book. Our thanks go out to all of the volunteers who tested these recipes in their home kitchens as well.

We are delighted to again partner with our colleagues at Smithsonian Books, including director Carolyn Gleason and senior editor Christina Wiginton, who deftly coordinated the editorial and development teams. Gary Tooth's gorgeous design ensured that the book is both beautiful and useful. The food photography team of photographer Scott Suchman, food stylist Lisa Cherkasky, and prop stylist Kristi Hunter ensured that the recipes look as delicious as they taste. Douglas Remley researched objects in our collections to make just the right pairings in the book.

Cookbook team members Jacquelyn D. Serwer and John W. Franklin were joined in their efforts by scholars Elaine Nichols and Joanne Hyppolite to assure that the book remained true to both curatorial intent and gastronomic faithfulness. We cannot thank them enough.

The Café and this book are part of a larger relationship with our colleagues at Smithsonian Enterprises and Restaurant Associates. Restaurant Associates creatively completes the vision for the Sweet Home Café, and our collaboration has made the Café one of the Smithsonian's most successful restaurants to date. The support and enthusiasm of Carla Hall and Thompson Hospitality were also a part of the special ingredients that have made the Café such a triumph. It is our profound wish that you, the reader of these pages, will be inspired to create meals that will nourish both you and your family and friends.



*From Albert Lukas, Supervising Chef, Sweet Home Café:* The Sweet Home Café has been a wonderfully exciting project, one in which we are able to celebrate the contributions of African American cooks to the development of iconic American foods.

I would like to thank my wife, Sarah, for all the encouragement and love she offers me. Additional thanks go to Ed Brown, Dick Cattani, George Conomos, and Marc Scheuer, along with the entire Restaurant Associates family; and to Lonnie G. Bunch III, the National Museum of African American History and Culture team, and our Smithsonian Enterprises partners all for their support, guidance, and encouragement throughout the developmental process and opening of the restaurant.

Final thanks to Chef Daniel Boulud, my mentor, along with my late grandfather Adam Metzger, who both taught me long ago about the important relationship between the food we prepare, eat, and serve and our collective history, culture, tradition, and family.



*From Jessica B. Harris:* I offer abundant thanks first to all the people, past and present, who created the tastes and tales celebrated here. I also thank my collaborators, Smithsonian Books, and especially the National Museum of African American History and Culture and its entire staff for allowing me to be a part of the adventure. Finally, I thank Jerome Grant and everyone at Restaurant Associates, who daily bring the vision so deliciously to life.

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Red Beans and Rice, Louis Armstrong's, **photo**, c01.2; Sticky Pork Ribs, c03.4, **photo**. *See also* bacon; ham; sausage
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Sea Salt–Spiced Cocktail Nuts

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Sweet Tea, Hibiscus and Ginger

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